

Matron

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ALSO INSIDE... Last look at the Candidates



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The Cree Board of Health & Social Services of James Bay

Fetal Alcohol Spectrum disorder

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What is fetal alcohol spectrum disorder? Fetal alcohol spectrum disorder (FASD) encompasses the wide range of physical, mental and behavioural effects that can occur when a baby is exposed to alcohol during pregnancy. These diagnoses include FAS, partial FAS and alcohol-related neurodevelopment disorder.

However, all conditions are serious health and social problems that tragically affect both individuals and families.

Prenatal exposure to alcohol affects the baby's development by attacking the brain, and other organs. Affected children may have physical abnormalities as well as brain dysfunctions which make them at risk of learning disabilities, memory difficulties and behavioral problems. These are permanent and irreversible. There is no cure for FASD and it lasts a lifetime. FASD can therefore impair a child's ability to function mentally, physically and socially for life.

There is no safe amount of alcohol consumption during pregnancy.

FASD is entirely preventable simply by not drinking alcohol during pregnancy.

Through increased community awareness and prevention activities we can prevent FASD within the Cree region. Remember: “the baby’s first home is the mother’s womb”. Let’s help in making it a safe place.

During the Cree Regional FASD Local Team Forum in March, 2005 resources produced by members of the local FASD teams were developed. They are of a quality that went beyond our expectations and we are sincerely grateful. Please feel free to use these posters, magnets and placemats for your activities. For further information you can get in touch with your local support groups on FASD in your community or the local NNADAP prevention worker.



Wally Rabbitskin

Program officer

Physical activity, Alcohol & drugs

Taking a stand

By Ernest Webb & Will Nicholls

We are back to where we were three years ago. Again you are asked to declare where you stand. Which candidate represents your goals and ideals? Who speaks for you? Who is the best person for the job? Maybe you already know who you will vote for. Maybe the elections will be over by the time you read this and will have picked a new grand chief. One thing is for sure. Things will never be the same.

Politics have been around for a long time. Politics is in everything. And sometimes everything is in politics. Anytime you get two or more people together there is politics. There is a new type of politics that has entered our realm. It started when we had to pick a chief or leader to talk to the traders, missionaries, and politicians who had a concern over our lives. Then in the 70's the dams came. We had to organize ourselves in ways we never had. We came together. We had to start a bureaucracy to run our affairs and decide what to do with our money.

People came from all walks of life to help the Crees. Students, aspiring lawyers, anthropologists, negotiators, money managers and other types of consultants. Many were just kids. Many were there to consult. To help. To help fight for the Crees, And of course to invest our money wisely. All we had to do was pick our Grand Chief. All we asked ourselves was who will fight for us? Who will talk to Hydro Quebec, the Provincial and federal governments?

Unfortunately along the way fear has entered the political arena. How many times were you at a meeting wishing you could say something but the same people are talking about the

same things again and again? How many times were you at an A.G.A. wishing you could get up and say something that's been on your mind? How many times have you thought of writing to your leaders to let them know how you feel? How many times have you actually done it?

If you haven't then the next best way is to vote. People around the world are willing to die just to have a chance to vote. There are people in Cree land who have never voted. Are they waiting for something? The elections after the AIP signaled another new era for Cree politics. For the first time people were asked not to pick who best to fight for them but who stands for their ideals. It was a painful time for people. It hasn't gotten much easier. Kids are killing themselves at an alarming rate. The next grand chief will have a lot on his plate. It's not only the social problems but a host of others he will have to start dealing with.

Now that we have entered a new era we need to change how we pick our leaders. We need to know where they stand. Unfortunately even religion has entered the debate. Some people are asking you to pick the next grand chief based on whether he shares the same religion as you. This does not address how they will handle or cope with the problems in the Cree Nation. It has no place in the political arena.

We need leaders. We need to pick an Uuchimau not the Uuchimaakahn's of yesterday. When fear and doubt are the norm we will not have those leaders.

Let us all stop and look at what we really want our leaders to do with us and vote accordingly.

Contents

editorial

Taking a stand 3

rez notes

I told you so 4

news

Mistissini English pre-K 5

Elections still going 7

In Brief 9

features

Kids kick the pigskin 10

The final four 13

Election by laws 21

Fall Madness 27

last line

Blow by blow 34



on the cover

Photo: S. Bonspiel

Design: R. Lawson

I told you so



I predicted a runoff election and boy, was I ever right, eh? I knew that our people are still for one side or another and it just goes to show how diversified our train of thought is. As nation incorporate, we grew exponentially as a nation, faster than Canada itself. Whereas Canada is working on its bicentennial for 2067, we are graduating to decade three with billions of dollars (committed or uncommitted, liquid and ethereal) with more Crees per square kilometre than ever before. How so brown cow? It's simple, before we knew only the land and now, we owed it to the land to inspire us to make one hell of an agreement, some thirty years ago.

Today, three years after signing a complementary agreement, we will be catapulted into the first half of the 21st century with many tools in our hands, to carve out a constitution and a government, to mould the helpless into the helpful, and to create an appreciative society, thankful for the lands that motivated us to retain our identity and culture.

The elections prove that either way, we continue to embrace diversity and still maintain who we are. I can hear the music in the background sounding rather jingoistic and stirring me to write this stuff, but election time does bring up emotions amongst peoples. It causes them to act in a strange fashion. Please, let me explain.

Everyone becomes a know-it-all. This is explained by the everyday clatter of radio stations, pamphlets, bar talk, family discussions, mudslinging and plain ol' political

backstabbing makes people, who normally don't give a damn about politics, into a raging activist, ready to bring down everything in sight, including family members. Remember, these symptoms only surface every three to four years or so, so it's not really a time one could consider dangerous, like southern moose hunts during tax payer's season.

No one will tell you who they would vote for based on logic. This is based on the theory of superficiality, where skin is the only depth one will go to create a sound and logical decision. If he/she's brown, vote.

Family disputes are now justifiable. It comes a time when families are split on their favourite candidate and the non-speaking can go on for years, if any favourite or least-liked candidate gets to sit in the throne of pine trees and beaver pelts. Its not about which candidate wins, it just justifies one's beliefs and base for argument, or that defiant "I told you so" look.

The environment takes a beating from flyers printed from the very forests our culture and traditions are defending. Although proportionately, the amount of paper used and wasted is insignificant in comparison to total usage, but at least the flyers could be made extremely flammable for fire starting, or very soft for the behind or possibly edible, like rice paper or whatever its called.

The losing candidates are forgotten for four years. This is almost a given, but I'll rub it in anyways.

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Because French-language
Pre-K is a huge success:

Mistissini launches English Pre-K

By Steve Bonspiel



Success can be measured in many ways and Mistissini's Voyageur Memorial School is hoping that their success rate will climb, thanks to French and English pre-Kindergarten programs that has children as young as 4 attending school full time.

The French program started two years ago and is now seeing its graduates enter Grade 1. The pilot project, a first of its kind in Eeyou Istchee, has the students attend class in French for half a day and in the Cree for the other half.

"In the children's assessment, done in June, a child needs to

**THERE IS SO MUCH DOCUMENTATION
THAT SHOWS HOW CHILDREN WHO ARE
READ TO AT HOME EXCEL THROUGHOUT
THEIR SCHOOL YEARS – WHICH OFTEN
GO ON TO INCLUDE UNIVERSITY OR
TRADE SCHOOL."**

Alain Bellemare,
Voyageur Memorial's Elementary school Principal

master a minimum of 80% of the oral language in mother tongue or in second language," said Alain Bellemare, Voyageur Memorial's Elementary school Principal.

"They were scoring 81% in Cree and 84% in French," he said. "The conclusion was that they could read and write in French as good as in Cree."

Bellemare went on to say that the parents' reaction has been phenomenal. Instead of having two Grade 1 classes in English and two in French, the success of the French pilot project has forced the school to have only one Grade 1 English and a combination Grade 1 and 2 English class along with the two Grade 1 classes.

The English program, which started this fall, is very exciting but it's too early to tell how successful it will be.

"These 15 children are coming to school for the first time, although many have been in daycare before," said Linda Collier, the pre-K English teacher.

"For the first days, all teachers work at introducing the children to the idea of routine as far as being organized and responsible for getting their own outdoor clothes and shoes on and off, and lining up for the bus, and making a smooth transition between activities," she said.

"Learning to focus on the task at hand and following through on it and learning the give and take and socialization skills of working together is a big part of their first school experience."

After lunch, the Cree pre-K teacher, Annie Gray, takes the children as they learn in Cree for the rest of the afternoon.

Collier started teaching in Mistissini after working as a journalist. She also taught English as a Second Language in other countries and Canada. Her knowledge of people and their characteristics has helped in her new environment.

"I am not teaching strictly English as a Second Language, but rather teaching the regular school subjects – in English. All of the children hear English in the community and have some understanding of the language. What I have found challenging these first weeks is to discover just how much," said Collier, who was exposed to Mistissini's football camp in August and got a good feel for the community through the sport.

Collier says that the most important learning tool for the children is reading. "What is most important in this program, I believe, and in all childhood education, is that children are encouraged to read at home," said Collier. "There is so much documentation that shows how children who are read to at home excel throughout their school years – which often go on to include university or trade school."

Collier says she is learning at the same time as the children. "I have tried to communicate to the children that I am learning to use a new language too – theirs (and also brushing up on my French) – and that I know it takes patience and work, but it can be fun too," she said.

"What I am working at is designing lessons and a program that will both challenge the children but still meet all of their various levels of ability – and a program that will have them supporting each other as they learn English."

Bellemare could see a difference in the way they're learning from when he got there four years ago. "What these kids have been doing in the French sector is transferring what they're learning from one language to another. So if they learn something in Cree they know how to express that in French and vice versa. I hope that it works the same with the pre-K English," he concluded.



OUR ELECTORAL SYSTEM

Your opinion counts!

The National Assembly created the Select Committee on the Election Act in June 2005 and gave it the mandate to examine various issues relating to how and when elections are held and how to guarantee more equitable representation not only of the various regions of Québec but also of women, young people, ethnocultural minorities and aboriginal people.

A citizens committee is to be formed to offer input to the Select Committee during public hearings to be held at the National Assembly and in several regions of Québec. The members of the citizens committee must be available for approximately five weeks in the fall of 2005 and the winter of 2006.

The four women and four men forming the committee are to be selected by draw on September 28, 2005.

Applications must be sent in by September 23, 2005

Fill out the form below or the on-line form at the following address:
www.assnat.qc.ca

Please print

CITIZENS COMMITTEE Application form	
*Name : _____	
*Address : _____	
*City : _____	*Postal code : _____
Phone (work) : _____	*Phone (home) : _____
Cell phone : _____	Fax : _____
Email : _____	
*Sex : _____	*Age : _____
<input type="checkbox"/> Female <input type="checkbox"/> Male	<input type="checkbox"/> 18 to 31 <input type="checkbox"/> 32 to 45 <input type="checkbox"/> 46 to 59 <input type="checkbox"/> 60 and over
*Your Administrative Region :	
<input type="checkbox"/> Bas-Saint-Laurent, Gaspésie—Îles de la Madeleine	<input type="checkbox"/> Capitale-Nationale, Chaudière-Appalaches
<input type="checkbox"/> Côte-Nord, Nord-du-Québec, Saguenay—Lac-Saint-Jean	<input type="checkbox"/> Laval, Laurentides
<input type="checkbox"/> Mauricie, Centre-du-Québec, Lanaudière	<input type="checkbox"/> Montérégie, Estrie
<input type="checkbox"/> Montréal	<input type="checkbox"/> Outaouais, Abitibi-Témiscamingue
* <input type="checkbox"/> I am registered on the list of electors	
*Required information	
LIMIT OF ONE APPLICATION PER PERSON. THE COMPLETED FORM MUST BE SENT TO THE SECRETARIAT OF THE SELECT COMMITTEE ON THE ELECTION ACT BY 5:00 P.M. ON SEPTEMBER 23, 2005.	
All residents of Québec registered on the list of electors are eligible to apply. The National Assembly and the Select Committee on the Election Act are not responsible for late, lost, destroyed, incomplete or illegible applications or for applications sent or delivered to the wrong address. Committee members will be selected in a draw to be held on September 28, 2005 at 2:00 p.m. Please do not contact the Select Committee; the selected applicants will be notified by phone or email after the draw.	

Send the form to the following address :

Send the form by 5:00 p.m.
on September 23, 2005.

Select Committee on the Election Act
Édifice Pamphile-Le May
1035, rue des Parlementaires
3^e étage, bureau 3.19
Québec (Québec) G1A 1A3

To be eligible for membership on the citizens committee,
you must be registered on the list of electors.

For more information, check the National Assembly's website at : www.assnat.qc.ca
or contact Louis Breault,
clerk of the Select Committee :
Phone : (418) 643-2722 or 1 866 DÉPUTÉS
Fax : (418) 643-0248
Email : csle@assnat.qc.ca



Healthy
Living

Nourish the body and
stimulate the senses with
Healthy Living recipes!



Many people in Eeyou Istchee have Diabetes, or know of someone who does. Quite often this can be someone they love. We know that healthier food choices are important, but let's face it, sometimes they can border on boring. Well, not anymore! Each issue of *the Nation* will feature a delicious meal that keeps in mind the importance of health maintenance but does not forget rich and hearty satisfaction.

Delicious Pork Chops and Mushrooms

4 six-ounce	lean pork chops (3/4 inch thick)	700ml
1 tsp	cracked black pepper	5ml
	cooking spray	
1/3 cup	sliced green pepper	75ml
3/4 cup	sliced sweet orange, red and yellow pepper	175ml
1/3 cup	canned fat-free chicken broth (reduced sodium)	75ml
1/4 tsp	dried thyme	1 ml
2	cloves garlic, minced	
10	chopped mushrooms (fresh)	
2 tbsp	chopped parsley	30ml

Directions

1. Preheat oven to 350° degrees. Trim fat from pork chops. Rub cracked pepper over chops.
2. Coat a large ovenproof non-stick skillet with cooking spray, and place over medium-high heat until hot. Add chops and cook for 2 to 3 minutes on each side or until browned.
3. Remove chops from skillet and set aside. Very carefully wipe drippings from skillet with a paper towel (use extreme caution). Combine broth, peppers, thyme and garlic in the skillet. Bring to a boil, then reduce heat and simmer for five minutes.
4. Return chops to skillet and add mushrooms. Cover and bake for 25 minutes or until pork is tender.
5. Sprinkle with chopped parsley and serve immediately. Makes 4 servings.

NUTRITIONAL ANALYSIS PER SERVING:

Calories: 177

Fibre: 1.5g

Fat: 4.5g

Cholesterol: 91mg

Protein: 25.3g

Sodium: 285mg

Carbohydrates: 8.9g



Northern

No clear winner in Grand Council elections

Grand Chief, Deputy, to be decided September 15th

By Steve Bonspiel

The August 31st election that saw seven candidates run for Deputy Grand Chief and four for Grand Chief ended in a stalemate – sort of.

The fight for top dog saw Matthew Mukash come out on top, 43.2% to Ted Moses' 31.9% of the popular vote.

That wasn't enough to secure a win, despite 600 more votes for Mukash. Under the new rules Mukash would have had to get 50% plus 1 of the vote but failed to do so.

Also under the new election rules, whoever comes out on top will serve the Cree Nation for four years instead of three.

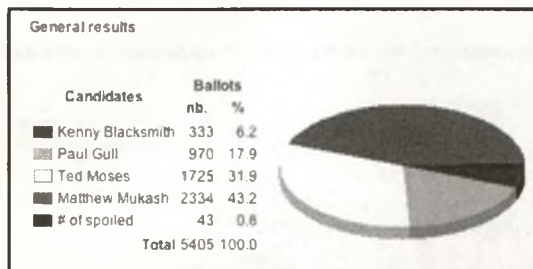
Vote-wise Mukash garnered 2334 votes, while Moses captured 1725.

The other candidates, Paul Gull and Kenny Blacksmith, combined for 1303 votes or 24.1% of the 5405 votes cast.

The only Cree community neither Mukash nor Moses won was Waswanipi. Paul Gull had a strong showing in his hometown and won 63.1% of the popular vote.

The top two candidates had a big showing in the two largest Cree communities – with one or the other coming out on top by a wide margin.

Grand Chief results



Moses took Mistissini with 367 votes to Mukash's 171. There was a total of 809 votes cast in the community of 3200.

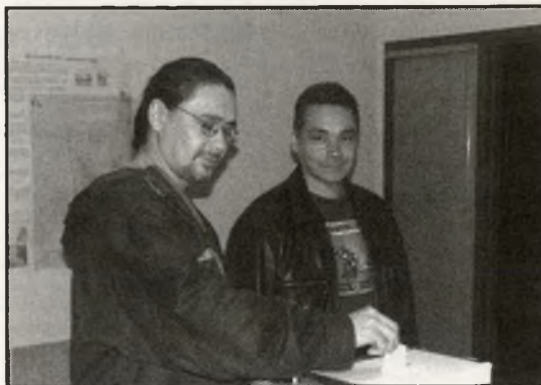
Over in Chisasibi the reverse was true. Mukash garnered a whopping 865 votes out of 1196 overall, an approval rating of 72.3% by the community. Moses could only muster 181 votes.

Speculation for the large margin in the community for Mukash could be related to the damming and resulting reduction in flow of La Grande River years back, and the communities subsequent disapproval for the Paix des Braves, which spells out the same fate or worse for the Rupert River. Just like Mukash's fight for Great Whale River, they felt more inclined to vote for him and his push for wind power instead of losing the majestic Rupert.

Similar results were announced in Waskaganish. Mukash and Waskaganish Chief Robert Weistche have been fighting for the Rupert River for years and the vote showed they have quite a bit of the people's support.

Mukash took home 45.3% to Moses' 30.5%.

Moses and Mukash won over their respective hometowns of



Casting their ballots

Eastmain and Whapmagoostui by large margins.

An interesting race (if you can call it that) was with McCrebec. After the last election where they were left out of the fold and without a ballot box in the community, they gave Mukash an astounding 78.8% approval rating. Moses could only muster 8%.

Ouje-Bougoumou let their voice be heard in a big way as well. Despite only having 233 voters cast their ballots, almost 60% gave their approval to Mukash who has vowed to fight the contamination of their water and get the government to clean it up. Moses on the other hand has claimed the situation is not at a 'crisis level' and as an indirect result, received less than 22% of the vote.

In the race for Deputy Chief, Ashley Iserhoff came out on top with 18.5% of the vote or 1002 of 5406 votes. Somehow there was one more vote for the Deputy position cast than for Grand Chief.

Despite the number and being the only candidate to reach four figures, Iserhoff will have to battle it out with Losty Mamianskum because of the new rules.

After a recount brought on by Bertie Wapachee, Mamianskum secured 953 ballots to finish second, 40 votes ahead of Wapachee.

Other notables included Kenny Loon at 876 votes and former Nemaska Chief George Wapachee at 795 votes.

Alfred Loon and Glen Cooper finished well out of the race.

The run-off election is slated for September 15th and will see Mukash and Moses going head-to-head and Mamianskum and Iserhoff battling it out as well.

The election also saw a first in Cree Nation history as it was simulcast on the web via Soleica's website.

Soleica is a company which creates websites and facilitates Internet Technology in Native communities. A link to their website and the election results can be found at

<http://www.soleica.ca/elections2005>

LOSTY MAMIANSKUM

If Elected as Deputy Grand Chief I will:

- ♦ Work to support the office of the Grand Chief and build a cooperative professional relationship between the Grand Chief and Deputy Grand Chief

In the best interests of the Whole Nation.

- ♦ Embrace change with the confidence that Cree culture must evolve in a manner consistent with our traditions
- ♦ Strengthen the rights of individuals
- ♦ Improve education as a foundation of strong Cree governance
- ♦ Restore peace in our communities through the re-establishment of a Cree justice system rooted in traditional Cree values
- ♦ Ensure that development is guided by our values

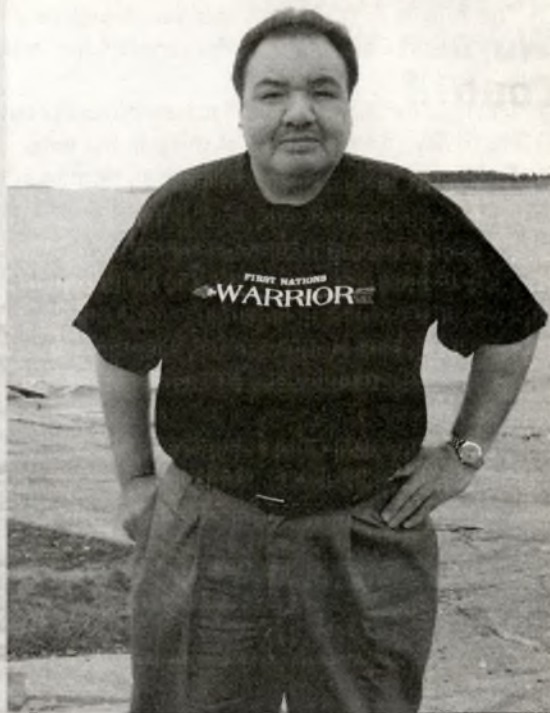
VOTE FOR:

LOSTY MAMIANSKUM FOR DEPUTY GRAND CHIEF

PROTECTOR AND DEFENDER OF CREE RIGHTS AND EYYOU ISTCHEE: A RESPONSIBLE AND EDUCATED LEADER WORKING WITH YOU TOWARD A BETTER FUTURE.

PERSONAL CONVICTIONS:

After overcoming the personal challenges of alcohol abuse and being sober for the last 16 years, Losty believes in wellness and a safe substance-free lifestyle.



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Quebec Native Women Youth Council

In 1968, Mary Two-Axe Early, a Mohawk of Kahnawake, created the Equal Rights for Native Women association. This year, the Assembly of First Nations will recognize October 5th as the first annual First Nations Women's Day.

In this province, Quebec Native Women (QNW) was established in 1974 to support Aboriginal women in their effort for better living conditions and to work for the recognition of equal rights. Two years ago, a Youth Council was given a seat on the board. In the two years of their existence there have been obstacles to overcome, but wonderful achievements have been made as well.

Last year, 45 young women from across the province met in Montreal to share their concerns and discuss issues. Many youth expressed concern about the rate of suicide in their communities and the social problems associated with a lack of self-esteem and identity. They also expressed concern over the lack of information about Fetal Alcohol Syndrome, in terms of awareness of what it is and how to prevent it. The other main concerns about how to run a youth council, how to get youth involved in the council and how to accomplish projects as a youth council.

To address these issues, the QNWYC

held a training session last April entitled *Nikani*. Participants learned how to implement a youth council and how to realize projects through a series of workshops.

Another major accomplishment was their participation at the International Indigenous Youth Conference held this past June in Vancouver, BC. Kim Picard, QNW Youth Council Coordinator, attended the conference with members of First Nations from all over the world. She was very much surprised to learn that colonialism has had similar effects all over the world. "There are bands, things like clear-cuts, and the governments are not listening. South America is much worse off, people are being killed and jailed for fighting for their rights."

The next major event is the International Youth Conference being held this December in Caracas, Venezuela. Doreen Picard, The QNW Youth Council Representative, will attend.

To become a member of the QNW Youth Council, if you are a First Nations woman between the ages of 18-30, it is as simple as filling out a QNW membership form and paying the 5\$ annual fee. Each nation of Quebec has a representative, and elections are held once a year. The provincial representative, who sits at the QNW Board of Directors meetings, also sits on the boards of the Native Women's Association of Canada Youth Council, and the Assembly of First Nations of Quebec

and Labrador Youth Council.

Elections of the representatives are currently underway. The Innu held their elections last week with Nadia Mollen re-elected as the rep. The urban rep election will be held in Quebec City, Sept 23-24.

The current Cree rep is Annika Vachon-Ottereyes of Waswanipi. Dates for the election of the Cree rep have yet to be determined.

For further information, you can contact Kim Picard at 450-632-0088 or go to www.faq-qnw.org/.

Soleica monitors Eeyou elections

In what is thought to be a first in history for Natives in Canada, the website company Soleica monitored the last round of elections and will do so for the run-off.

Excited Crees and non-Crees alike stared gainfully into their computer screens on the night of August 31st, hoping that the results would come to them before they succumbed to sleep deprivation.

Soleica is an Internet Technology company that specializes in Native communities – especially remote northern Cree and Inuit ones.

Keep an eye out on September 15th while their highly professional Native staff follow the run-off election and announce your new leader in real time!

letters

Your list of candidates for the election are as follows:

GRAND CHIEF/CHAIRPERSON

Ted Moses

Matthew Mukash

DEPUTY GRAND CHIEF/

VICE-CHAIRPERSON

Ashley Iserhoff

Losty Mamianskum

EXERCISE YOUR VOTE!

The Editor-The Nation

In your article volume 12-20, Neil Diamond referred; to Dr. Matthew Coon Come as a Bible School Drop-Out.

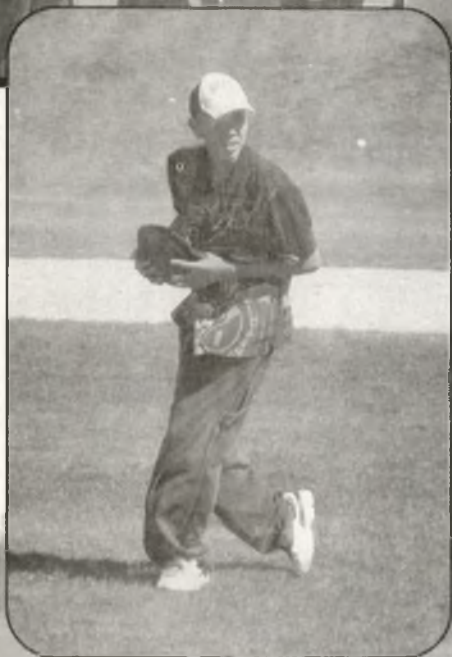
We, at the Cree School Board, honour and respect the accomplishments of all our Post Secondary Students no matter the choice of study.

Dr. Matthew Coon Come requested in a two-year program at River Bible Institute. He received a certificate in 2004 after completion of the first year. He graduated and received a diploma after completing his two-year Program at this Post Secondary Institution. Friends were there to witness this graduation.

Mr. Diamond, Dr. Matthew Coon Come is not a Bible School Drop-Out. Please respect our students at the Cree School Board, they do come first.

WILLIAM MIANSKUM

Cree School Board Chairman



Mistissini football camp draws hundreds

CFL's Ottawa Renegades make return appearance

Photos and story by Steve Bonspiel

Mistissini was the scene of hundreds of cheery, smiling kids throwing footballs and having a grand old time as the second annual Mistissini All-Star Football Camp rolled into town August 23-25.

The Ottawa Renegades of the Canadian Football League went to Mistissini to continue what they started last year – introducing football to kids more used to playing hockey or broomball, but who have shown an amazing ability to adapt to the sport.

The camp attracted 328 kids aged 6 to 18 from across Eeyou Istchee. "I've never seen so many smiles on so many kids' faces," said Gordon Hudson, Mistissini's Regional Director of Youth Healing Services. "We had 15 coaches last year and this year we have 35. These people have all volunteered their time to come up here and I could hardly believe the response."

The camp is designed to encourage physical activity and to provide young people with positive role models, Hudson said. "Every one of these coaches I brought up here has had a struggle at some time in their life. For myself, I struggle with alcohol and drugs, but I've overcome it for over eight years now and we want to pass along these positive messages to these kids so hopefully they don't make the same mistakes we did."

Hudson is credited with bringing football to the north when he picked up the phone one day and called Ottawa Renegades coach Joe Paopao and asked for a favour. "I told him that I saw some of the struggles that the youth were facing and I asked him for his help," explained Hudson.

Hudson, a former CFL tight end, had the Renegade coach's number in his rolodex because they were once teammates on the old Ottawa Roughriders team for two years in the late 1980s, when Paopao called the shots as quarterback.

Aside from the camp, Coach Paopao also hosted a bunch of Eeyou youth in Ottawa last October to watch the Renegades take on the Saskatchewan Roughriders.

"When Gord called me and asked me to help out I said yes without knowing what it involved," said Paopao.

"I grew up in a family of 10 kids and have been associated with kids all my life. I have four of my own and I think everybody could use an extra pair of hands or some advice, and I can do that through my experience."

The camp may have been about football, but the coaches made sure that they mixed different activities in there as well to keep the kids focused.



Leapfrog, one-legged races and water balloon fights helped keep the kids loose and happy at the three-day camp. They also learned how to throw and catch a football better, and to defend against the run. Most of all, they learned teamwork.

"Every activity we've done is based on the fact that you need someone else to accomplish your goal," said Hudson. "So what we're trying to instill in them is that it's okay to ask for help and that it's okay to count on other people and that it's okay to not be alone."

Hudson told the Nation that after last year's inaugural camp, he has seen an increase in kids throwing around the football and having fun with the sport. He is aiming for a touch- or flag-football team or teams in the next couple of years and then hopefully one day soon, a hard-hitting football club.

Prayers were interspersed between activities and breaks for lunch, thanking God (or the Creator) for everything that day.

The Mistissini Band Council could be thanked in a different way: they footed the \$55,000 bill it cost to get the kids from Wemindji, Waskaganish, Waswanipi and other communities to Mistissini. Coach Paopao and the players gave their time for free.

"I think the football camp is a great idea for our kids but I'd like to see a continuation after these players leave," said Dorothy Nicholls, the Vice-Principal at Voyageur Memorial School.

"It is a good thing because the kids who participated last year were very excited and they encouraged other children to join. Participation is up thanks to more communities being involved," said Nicholls, who added that an unfortunate aspect of the camp is the delay of the start of school.

Ray Jacobs, a defensive end, was happy to be there with the kids. He believed in what the Renegades were doing, even though it meant time away from his family during Ottawa's week off.

"I certainly enjoyed every last one of them," said Jacobs, who had problems with substance abuse when he was with B.C. and Saskatchewan and was suspended recently by Ottawa for "actions detrimental to the team."

"I'm going to miss them. Even when I left, I was going to walk up to the store, the group of kids that really touched me had their dads drive them up the street to look for me. I just kind of gave them a hug, and told them I'd miss them, and that I'd enjoyed it and I looked forward to seeing them again."

Another player, wide receiver David Azzi, was battling with health issues within his family and made a sacrifice to be there.

"My dad beat lung cancer once and we're kind of worried that he might have brain cancer and it could be terminal," said Azzi. "I almost didn't make it up to the camp but I know how much these kids mean to Gord and with the attention and support he's given me throughout my life, I couldn't say no."

"It's an incredible experience and just seeing the smiles on the kids faces made me tear up."



To the Cree Nation of Eeyou Istchee

*I thank you for believing,
I thank you for your support.*

*George Wapachee
Old Nemaska Post, Quebec*

Cree First Nation of Nemaska (James Bay, Quebec) Job Posting: Social Worker



The Wellness Program of the Cree First Nation of Nemaska is seeking the full time services of a professional social worker. This is a full time position with residence in the community. The position requires someone who can work well with a diversified team, in a small semi isolated community. This is a challenging position for a person who can work with indirect supervision and a demanding clientele.

The Wellness Program has been in place in this community for over 15 years. Each member of the team is required to have an annual police record check and live a healthy lifestyle (alcohol and addiction free).

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Meet the Candidates



Ted Moses

For Grand Chief

Why are you the best candidate for Grand Chief?

I have the experience, credibility, integrity and reputation required to effectively and adequately represent and defend the Cree Nation.

My lifelong commitment to the cause of the Crees and to Aboriginal peoples worldwide has allowed me to build a credibility and effectiveness in defending and promoting the interest of the Cree people that few others can claim to have.

My deeply-rooted traditional values, my experience as a tallyman, my longstanding and very public positions for aboriginal rights, and my record of successes in bringing concrete and real benefits to the Cree people speak for themselves.

My mission for the future is one of nation building. I will work to develop a strong Cree Nation government that will be stronger in the defence of the interests of the Cree Nation and better equipped to deliver real benefits to the people. This vision includes: defending our land, promoting new energy sources such as wind energy and energy conservation, more housing, healthy and viable communities, a vibrant Cree economy, more jobs, more services and programs for all and particularly for the trappers, and a Cree Nation government with the resources to take care of Cree affairs and to speak out effectively and with credibility for the people.

In your opinion, what is the single most important issue facing the Cree Nation today?

There are many important issues facing the Cree Nation today, and all of them need to be addressed. I am not a single-issue candidate.

We need, among other things, to address better the social issues facing our people through improvement of the social con-

ditions in our communities, we need to defend our land from ever-pressing demands on development, we need to improve our governance structures by making the Cree Nation government a reality, we need to develop new economic opportunities such as wind energy. We need to enhance our language and culture and we need to develop employment opportunities for our youth.

These are some of the issues that I intend to tackle as Grand Chief, and I am confident that my experience and credibility in achieving real and concrete results for the people will allow these issues to progress during my mandate.

If you could change one thing in the Cree Nation today, what would it be?

The Cree Nation is stronger today than it has ever been. The communities are building up, the Crees are respected and admired throughout Canada, and new opportunities are pointing on the horizon.

However, over the past few decades there has been a loss of some of our traditional values, families are not as united as in the past, and social family problems have increased. If there was one thing I could change, it would be to reinforce in the communities the traditional Cree values, and this I believe would go a long way in solving the social problems some of our people are facing.

What are the three most important things you hope to accomplish in your term?

I intend to continue my lifetime commitment to the defence of our rights and the protection of our culture, language and traditional way of life. This is why I decided to get involved in the Grand Council, and this is what I intend to continue pursuing as Grand Chief.

I also intend to improve the social conditions in our communities. Through new employment opportunities for our youth, new programs for our trappers and by developing new opportunities in wind energy, we can improve these conditions. I am already working towards new concrete measures to accomplish this.

I will also work to set up the new Cree Nation government in order to ensure that the Cree people better control their destiny and have more responsive and accountable institutions. I have succeeded in setting up the process that will achieve this, and I am confident this process can be completed within the next mandate if I receive the support of the Cree people to continue these important discussions.

What makes you proud to be Cree?

Our tradition of respect for others, the unity we have achieved as a Nation through the Grand Council, the fact that we believe in ourselves, our capacity to sacrifice our individual needs for the better of the Nation as a whole, and our long-term vision as a Nation are some of the things that make me proud to be Cree.



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Matthew Mukash

For Grand Chief

Why are you the best candidate for Grand Chief?

I strongly believe in developing a common vision and common goals in all aspects of our governance to maintain a resilient and united Cree Nation. I saw the strength of Cree unity when the Cree Nation opposed the proposed Great Whale River Hydroelectric Project. I was one of the key players in this effort. It was an effort that put the Cree Nation on the international political map, and during this period, the wisdom of our Elders and the vibrant energy of the youth proved to be the greatest source of our strength. My personal involvement in this effort as leader, as well as my cultural background and the level of education that I was able to attain to date with success, gives me the confidence to lead the Cree Nation into a better tomorrow.

In your opinion, what is the single most important issue facing the Cree Nation today?

Disenfranchisement, or the feeling of helplessness, is one of the single most important issues facing the Cree Nation today. I have listened to many people during this campaign, as they spoke about the difficult challenges that exist in their respective communities: youth suicides, housing, threats to the environment, contamination from mining and forestry, inadequate resources in policing and social services, youth protection, increase of sport hunting, and the lack of control of what goes on in our homeland. To effectively address these issues, I feel that we need to ensure the development of a common vision that would establish a process of empowerment, so as to foster the involvement and meaningful participation of youth, women, men and Elders in the areas of concern.

If you could change one thing in the Cree Nation today, what would it be?

Many people that I have talked to in this campaign are concerned about the inaccessibility of the Cree leadership. Bringing

the leadership home is one of my goals if I get elected. Within the first year of my term, I will seek a mandate from the Cree Nation move the Office of the Grand Chief closer to Cree homeland. Only in the Cree world does the leadership live outside of their homeland in which they were elected, and that must change to be more accessible to the people.

What are the three most important things you hope to accomplish in your term?

There are more than three things that I would like to accomplish in four years. But the three that most important ones to me are: the development of a comprehensive economic development plan for the future, the cleaning up of the Ouje-Bougoumou contamination site and the finalization and enactment of the Cree Constitution.

Once elected, I will secure a mandate from the Cree Nation to approach Harvard University, an institution that has been conducting strategic studies on economic development of Aboriginal communities in the United States and Canada for about 17 years, to do a similar study for the Crees. This kind of study is needed in order to fully pursue the economic potential that exists with our society and within our homeland. We need to promote what is called *de facto* sovereignty or the nation-building approach to socioeconomic development. To me, this is the most viable solution to promoting employment and economic growth over the long-term. Wind energy is one of the most important renewable resources to which we never up our rights, which will bring in hundreds of millions of dollars annually to the Cree Nation in the future. Imagine the possibilities in terms of employment, sustainable and sound economic growth!

With respect to the Ouje-Bougoumou contamination issue, I will seek a mandate to immediately begin negotiations with the parties involved – the Federal Government, Quebec and the mining companies. I will also seek a mandate that calls for a thorough investigation into the matter.

And finally, of course, the Cree Constitution must be finalized and adopted by the Cree people, a Constitution that is acceptable first to the Cree people, and one that is consistent with existing principles and international law. This will bring a sense of hope, ownership, pride and dignity to the Cree people.

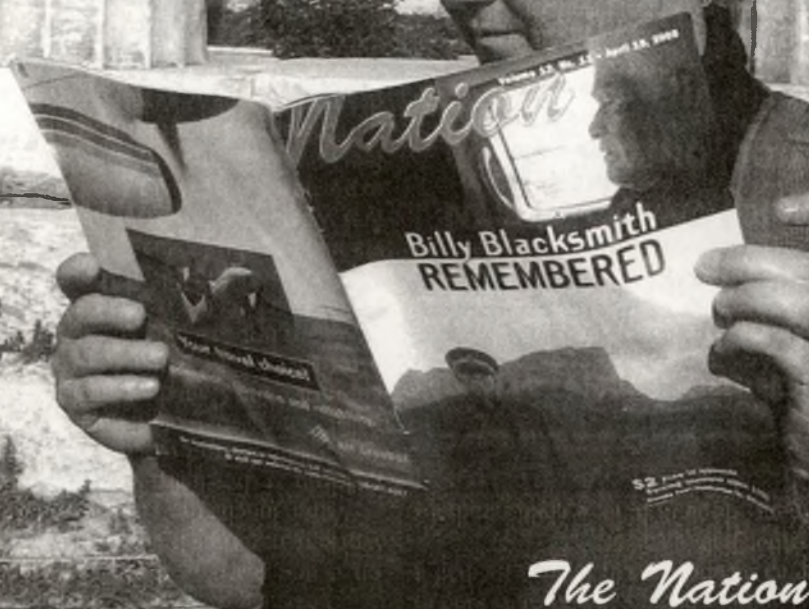
What makes you proud to be Cree?

I am proud to be Cree for many reasons. I am proud of the fact that our language is still very strong and our culture still flourishing and vibrant, and that many of our people still actively pursue the traditional way of life on the land. All the achievements of the Cree Nation to date are the result of this fact. I am very proud to see educated Crees with degrees in law, engineering, medicine, social work and so forth. I am also very proud to see Cree institutions, entities and companies such as Air Creebec, Cree Construction Company and many others, surviving in a very competitive market. I am more proud to know that, within about 40 years or more, our Nation has grown and evolved in to what it is today – one the most powerful of indigenous nations in the world!

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The Nation

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Ashley Iserhoff

For Deputy Grand Chief

Why are you the best candidate for Deputy Grand Chief?

The situation in the Cree Nation has a lot of statistics that are much a concern to me and especially to young people. I've worked with young people in my community and throughout the Cree Nation for 17 years and my heart has been with them during that time.

I think it's time for someone who's been working with young people for a number of years to be part of getting them involved in the process of decision making and make progress with the Cree youth and to have a leader who will be there for them.

In order to bring hope to the people, they have to be involved and not excluded.

In your opinion, what is the single most important issue facing the Cree Nation today?

Right now I believe we have to come up with firm commitments from everyone to secure permanent positions in our communities. Economic development is a very important aspect for Cree people to live comfortably in terms of living in their homes and in the community. It also improves the social aspect of the community when people are stable with their positions.

If you could change one thing in the Cree Nation today, what would it be?

I think one thing I would change is to have every age group to

be involved with the way we govern ourselves. In the past if you compare it to the life when we used to live off the land, everyone had a very important role to play in the camp. The Elders had an importance to play to bring food or to have peace in the camp area.

The women had a responsibility too, making sure everyone was dressed properly and that the children and her husband and family were doing well. The child had a responsibility to be part of the camp.

When you're in the bush it's a different lifestyle, everyone has an important responsibility to play. That's one of the things that we have to bring back, to get everyone involved and make our communities healthier and create the map for the future.

What are the three most important things you hope to accomplish in your term?

Whatever office I go into it's not just one person who does anything it's people. In order to make change happen I think we need people to be a part of the process and solutions for the Cree Nation regarding what's going on in the communities.

We have to have everyone involved and I think that's what is different in my campaign, in my experience with the young I believe that they have the answers to what's going on with them. I think we have to have them and our Elders involved at all times. The Elders have to bring back the spirit of what a family is.

The Residential school legacy is a big issue. As I said before, economic and social issues are very important and we need to find meaningful permanent positions within our communities.

It's good to have jobs elsewhere, but keeping them on the territory keeps families together. Establishing businesses in the communities is a much healthier environment for our children.

What makes you proud to be Cree?

Throughout my past experience as Deputy Chief, as a councillor and as Youth Grand Chief, I got a chance to travel around the world speaking at different assemblies or conferences and one of the big differences between the Cree Nation and other Nations is many have lost their languages. When I come home to the Cree Nation I see 99% of our people still speaking Cree. We don't just talk about our culture, we still practice it and we still live off the land and that's one thing that makes me really proud to know that we still live that life and still speak our language and practice our culture.

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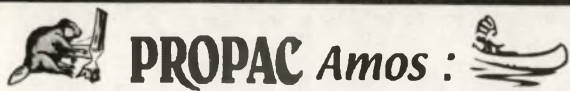
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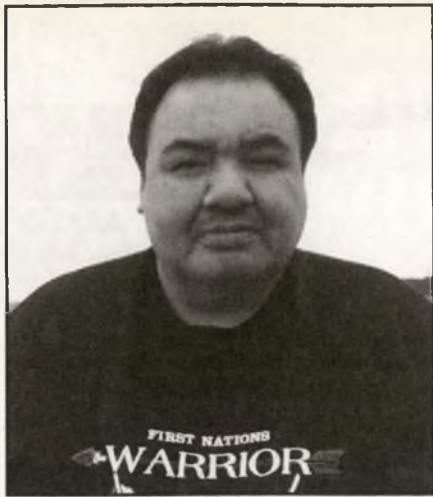


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Losty Mamianskum

For Deputy Grand Chief

Why are you the best candidate for Deputy Grand Chief?

My grandparents' teachings, my university education, work history and life experiences are the basis for my approach to issues affecting our Nation. Hard work with no shortcuts got me where I am today; sometimes holding jobs that some feel are beneath them. After university, as a communications officer, I helped one person at a time in my community. Today, I am an advisor and negotiator.

My past experiences are not that different from other Crees. I understand how it feels to be looked down upon, with little hope. Alcohol abuse brought me suffering, but 16 years of sobriety have instilled strength and compassion, sensitizing me to our social problems. I have earned the respect of many people. For four years now, representing Quebec's Aboriginal Peoples, I am one of RCMP Commissioner Zaccardelli's advisors for policing matters on the National Committee. I spoke at the Quebec judges' conference last year, and I am invited back this year. I know Chief Justice Gagnon very well. Education gives us access to those in power, leading to awareness and greater understanding, toward respectful co-existence. Developing exceptional relationships with governments serves to protect and defend our rights without compromising our people's needs, values and aspirations.

In your opinion, what is the single most important issue facing the Cree Nation today?

There is no single most important issue facing the Cree Nation. There are many complex issues and they do not have simple solutions. I believe the social issues affecting our youth are among the most important. After all, the youth are our most important resource because they are our future. Many of these problems require local level initiatives because every community is different. Politicians can talk about what they will do for the youth, what they will put in place. But, all these are ineffective if the youth themselves do not have a say. In a special forum, we will listen and apply what they tell us to put a system in place with proper financial resources. I believe that children and youth need structured activities like weekend and after-school programs that will instill self-confidence. To give them a sense of security, we

must entrench our cultural identity, our values, in a government structured with appropriate jurisdiction, powers and authority giving us more control over our lives and Eeyou Istchee. We are susceptible to external influences until this happens. This is an important element in empowering our youth. There are other very important issues that I could mention.

If you could change one thing in the Cree Nation today, what would it be?

I would change the apathy (lack of active interest or involvement) that exists everywhere. This is not the fault of any particular person or group. I believe that we can change this over the long-term. It will require much education and awareness. There was a vision created over 30 years ago, based on Cree values. Once people begin to see their role in this broader vision of the Cree Nation, and the opportunities available to them, they can contribute to positive change. I believe we can turn apathy into empowerment, and positive change and move forward to a brighter future. Please check my web site (www.losty.ca) where I give a message to the people explaining the vision I am referring to.

What are the three most important things you hope to accomplish in your term?

I will work on justice, Section 18 of the James Bay and Northern Quebec Agreement. The Crees would be much better off to have control over their own justice system rooted in traditional Cree values. Restorative justice and other measures geared toward wellness could be established. Crees could become probation officers, court clerks, defense lawyers, crown attorneys, justice coordinators, mediators, guards, and more. Secondly, my social background sensitizes me to the plight of the youth, women, men, children and elderly. If I am elected, I will accept invitations to speak on social issues, such as addictions, domestic violence, and individual rights. It is time for leaders to become role models. Sometimes, a few words of inspiration from leaders who care can steer people in a more positive direction. Finally, if Cree self-government negotiations succeed, I will participate in the framing of a Cree Constitution. I want to ensure that individual and collective rights are balanced, and freedoms and liberty are firmly entrenched. I want to contribute to something that will make our descendants proud; an evolving Cree society that is strong in its cultural identity, promotes freedom, happiness, growth, progress and economic prosperity.

What makes you proud to be a Cree?

What really makes me proud is the achievements and progress that we have made together, as a Nation, in the last 30 years. The Cree people have always chosen their leaders well. Even when other First Nations criticized them for the actions they took to protect and defend our way of life and Eeyou Istchee, our leaders always did what was best for us.

I think that sometimes we focus too much on what we perceive to be wrong around us and not enough on what we have to be thankful for. It seems, these days, that the only people who understand our successes are our Elders. It was they who had the original vision for a better future for us, our children, grandchildren and our descendants.

There is a better future ahead of us!

A Common Vision for All



Responsible Government

- Work closely with the Cree communities and their respective leadership to work towards **community driven solutions** for their local issues so the community can grow stronger.
- Continue with **on-going negotiations with the federal government** regarding the implementation of the JBNQA, the Ouje-Bougoumou land transfer and the new agreement on the transfer of management of services/programs to the Crees.
- **Maintain good relations with Quebec, Canada and other First Nations** Peoples throughout the world.

Economic Development

- Secure a mandate from the Cree Nation to identify the economic potential of our communities, our land. To work with the leadership to **develop a comprehensive economic development plan**, which includes tapping into the national and international markets for goods and commodities;
- Pursue the **clean-up of the Ouje-Bougoumou contamination**, which could cost billions of dollars and create employment and training to Crees

Social Development

- Work closely with all Cree institutions and Cree governments, at all levels as they rebuild their communities with **community based programs**.
- Address the health and social issues that exist within our community, particularly those that adversely affect the **development of our children and youth** or threaten their futures.
- Support **Communities working together**, to respond to social problems, that are harming our families and communities.

Environmental Protection

- Develop a **Cree Environmental Protection Agency** applying the best national and international standards but also integrating Cree principles and knowledge of the land;
- **Clean-up at Ouje-Bougoumou contamination sites and other sites affected by forestry and other development throughout Eeyou Istchee** which may be of concern to the health and safety of the people
- Save **Rupert River** and promote **Wind Energy** as an **alternative**;

Cultural Enhancement

- Support programs in the schools and communities that **reinforce our language, culture and identity**.
- Support the initiatives of the **Elders** to promote the **passing on of cultural education**.
- Establish measures to ensure the **recognition of traditional knowledge in any Environmental Impact Assessment process**.

Political Development

- Promote the **development and enactment of a Cree Constitution**, one that is beneficial and acceptable to the Cree Nation, and which entrenches the rights and interests of the Cree people, and therefore set the standard for the evolving international Indigenous law and movement.
- Promote **reconciliation with a visibly divided Cree Nation** to build a common vision for our future and the **inclusion of Washaw Sibi, McCrebec and other Crees living outside of Eeyou Istchee** in nation-building.
- Promote a **closer relationship with the Cree Nation Youth Council (CNYC) and local Cree youth organizations** to better address and understand the issues of great importance to the youth of Eeyou Istchee.

Traditional Education

- **Quality education** is imperative to ensure a sustainable future for the generations to come.
- Ensure the pursuit of balance of **contemporary methodologies with traditional knowledge**.
- Maximize the **role of elders in determining quality Cree Education**.

YOUR CANDIDATE FOR
GRAND CHIEF/CHAIRMAN
OF THE GCCEI/CRA



VOTE
MATTHEW MUKASH
ON SEPTEMBER 15, 2005.

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The New Rules

As promised in the last issue of the Nation, we have included all the text of the newly adopted elections by-law. These are the new rules by which we will be choosing our Grand Chief and Deputy Grand Chief.

Subject: CRA BY-LAW No. 28

WHEREAS the Members at an Annual General Assembly of the Cree Regional Authority held pursuant and in accordance with the Act Respecting the Cree Regional Authority, R.S.Q., Chapter A-6.1 adopted Annual General Assembly Resolution 2004-09 on August 20th, 2004 in Wemindji;

WHEREAS the Members of the fore mentioned Annual General Assembly wished to amend the election regulations of the Cree Regional Authority to update said regulations so that they reflect the evolution of the Cree electorate and based on the recommendations of the duly named Returning Officer, Mr. John Henry Wapachee;

WHEREAS the Members of the aforementioned Annual General Assembly have further specifically requested that amendments be sought to the Act Respecting the Cree Regional Authority, R.S.Q., Chapter A-6.1 to extend the terms of the Chairman and the Vice-Chairman to a period of four (4) years and to require run-off elections to ensure that future Chairman and Vice-Chairman retain a majority support from the Cree electorate;

WHEREAS the Council of the Cree Regional Authority has duly considered Resolution 2004-09 of the Annual General Assembly and agrees with its content and the recommendations of the Returning Officer upon which the Annual General Assembly Resolution is based and adopted By-Law No. 28 to repeal and replace the election provisions of By-Law No. 27;

WHEREAS the Cree Regional Authority Act has been amended by the Government of Quebec in accordance with By-Law No. 28.

IT IS RESOLVED:

THAT the members of the 2005 Annual General Assembly of the Cree Regional Authority hereby take recognition of the adoption of By-Law No. 28 a copy of which is attached hereto;

EEYOU TAPAYTACHESOO

CREE REGIONAL AUTHORITY

ADMINISTRATION REGIONALE CRIE

BY-LAW NO. 28 ELECTION REGULATIONS GENERAL

1. When an Election is to be held in accordance with the Act for the positions of Chairman, Vice Chairman or representatives of the Cree communities on the Council, the Returning Officer shall inform the communities using all reasonable means of the holding of such elections, indicating the date, the time and place where the election shall be held, the purposes of the election and any other information required by these regulations. Election of representatives on the Council

2. The Chairman and the Vice Chairman of the Council and the representatives of the Cree village corporations are elected from among the members of the age of majority of such corporations, hereinafter referred to as the "voters," the "electors" or the "electorate by secret ballot in which such members participate.

3. The elections of the representatives of the Cree Village Corporations are held in every corporation in the manner prescribed in the by-law of the council of every such Cree village corporation.

Application of these Procedures

4. The following procedures shall apply specifically to the election of the Chairman and Vice Chairman. They shall also apply to the election of representatives of the Cree communities only to the extent that there is no conflict with the appropriate election by-laws of the community in which these elections are to be held. In the event of such conflict, the provisions of the said local by-law shall apply to the said elections.

Nomination Procedures for Chairman and Vice Chairman

5. In order for a person to be eligible for election as Chairman or Vice Chairman, he or she must be an eligible voter and nominated in writing by any ten (10) other eligible voters indicating that they wish the individual to be a candidate for the office.

6. Such nomination forms shall be witnessed and shall be deposited with the Returning Officer on the date indicated by him for the deposit of such forms.

7. For each election, an eligible voter may sign only one (1) nomination form for a candidate for the office of Chairman and one for Vice Chairman.

8. A candidate must expressly inform the Returning Officer within the time period determined by the Returning Officer whether he accepts the nomination for the position, otherwise his name shall be deleted from the list of candidates. The Returning Officer shall use reasonable efforts to contact the candidates to ascertain their decision.

Preparations for the Election

9. The Returning Officer shall be responsible for the printing of ballots, the making of arrangement for a suitable location or locations to hold the election poll either within or outside the Cree communities, the making of arrangements for sending and receiving mail-in-ballots and the obtaining of ballot boxes in accordance with the following procedures. He shall also deal with and decide upon all other matters with respect to elections which may not be specifically dealt with herein.

Ballots

10. The Returning Officer shall cause to be printed a sufficient number of ballots for the poll to be conducted

11. Such Ballots shall be in the form of the ballot at Schedule I and shall show the candidates for each office in alphabetical order as determined by the Returning Officer. No identification other than the candidates' proper names, and, if applicable, the name by which they are commonly known in the community, shall be shown on the ballot. The ballots shall be numbered consecutively and shall be identical, except for the ballot number.

Polling Station

12. The Returning Officer shall ensure that as many ballot

A LEADER FOR A POSITIVE CHANGE

ASHLEY ISERHOFF FOR DEPUTY GRAND CHIEF/VICE CHAIRMAN

Our Commitment...

Our Nation needs long-term and sustainable solutions to build a healthier nation. In Economic Development we need to work together to develop effective strategies, which will promote having a sustainable economy to produce meaningful and permanent jobs with growth and bring hope to our young people in Eeyou Istchee.

The Cree Nation has alarming statistics that require us to prioritize the social issues affecting our communities and must be addressed immediately. **Developing our Nation in Education**, integrating and trusting our **Cree graduates to assume roles within our workforce**, the promotion of our **Cree values and language** taught by our elders, the development and **involvement of our Cree Women**, the **significance of our family** are areas where we will help to address to walk towards a brighter future. We will work with our many partners and organizations in Eeyou Istchee.

We will walk and listen to the Voice of our Children, Our Youth, Our Women, Our Men, and Our Elders. We will work to develop, support and include them to be valuable contributors to Eeyou Governance.

We are a strong vibrant nation; we will continue to build from what we have today, to have a stronger Cree Nation.

We will make a difference for our Nation; which will bring hope and prosperity. We will rise and be encouraged.

ashleyiserhoff@hotmail.com



A COMMITMENT TO MAKE A DIFFERENCE...

boxes as are necessary for the conduct of the election are obtained. Each ballot box shall be constructed of durable material and shall be furnished with a lock to enclose its contents. It must be so construed so that ballots can be deposited therein but cannot be withdrawn without unlocking the box. Each ballot box shall remain locked until the counting of the votes takes place.

13. The Returning Officer shall secure a suitable location for a polling station in each of the communities of Chisasibi, Eastmain, Mistissini, Nemaska, Ouje-Bougoumou, Val D'Or, Wasla Sibi, Waskaganish, Waswanipi, Wemindji and Whapmagoostui located within the JBNQA Territory, and may establish a polling station in any other place within the province of Quebec (including Ottawa) where the GCC(EI)-CRA maintains offices. No campaign material or activity on behalf of any of the candidates shall be permitted on the day of the election or at an advance poll within or in the vicinity of these locations.

14. The Returning Officer shall ensure that at each such location, there is a compartment provided for the voters for the purposes of marking their ballot in secrecy. No person other than the voter shall be allowed to enter such compartment or be in a position from which he can see for whom the voter marks his ballot except as prescribed in these Regulations.

15. The Returning Officer shall also procure an adequate number of similar pens for the voters to mark their ballot.

Voting Procedure

16. Where an elector requests, the Returning Officer may, in the presence of at least one (1) scrutineer, and either an interpreter or at least one (1) other person of his choice, assist him in marking his ballot and answer such questions as the elector may have in this regard. However, in performing such duties, no Returning Officer, scrutineer, interpreter or such other person shall attempt to influence a voter in his selection of a candidate.

17. The hours of voting shall be between the hours of 8:00 a.m. and 7:00 p.m. However, the Returning Officer may direct that any poll open earlier than 8:00 a.m. but not earlier than 6:00 a.m., if he considers it expedient to do so and may close at a later time.

18. The Returning Officer shall be responsible for ensuring that order is maintained at the poll and may request the assistance of a peace officer in order to ensure that the poll is peaceably conducted.

19. No person shall cause or attempt to cause any disturbance at a poll or interfere or attempt to interfere with the counting of votes.

20. Every elector shall be eligible to vote at an election and shall do so by marking the appropriate place on the ballot provided for such purpose with any mark. Such ballot shall have been previously initialed by the Returning Officer.

21. The Returning Officer shall take the ballot once it has been marked and folded by the elector so that the vote on the ballot cannot be seen, shall verify that it is the ballot which he gave to the elector, and shall request the elector to deposit it in the ballot box.

22. The Returning Officer shall enter on a list the name of each elector who has voted at his poll and shall keep such list with the ballot boxes under his care until the end of the time fixed for voting.

23. Any ballot inadvertently damaged by an elector shall be replaced by the Returning Officer and any ballot taken by an elector but not used shall be marked by the Returning Officer with the word "spoiled". All spoiled ballots shall be placed in the ballot box forthwith once they have been remitted to him by an elector.

24. When the time fixed for voting has ended, the Returning Officer shall deposit the list described above, a list indicating the number of all ballots used in the poll, the number of all spoiled ballots, the number of all unused ballots, and the number of all other ballots placed in the ballot box, and shall keep same safeguarded until the ballots are to be counted.

25. The Returning Officer shall not divulge any information received by him with respect to the conduct of the election or the performance of his duties and shall take the following oath of secrecy: "I, swear (or solemnly affirm) that I will not reveal or make known, without being authorized therefore by law, anything whatsoever of which I have taken cognizance in the performance of my duties and affirm that I know of no reason why I cannot act as Returning Officer."

Delay or Extension of the Vote

26. In the case of extraordinary circumstances as determined by the Returning Officer, the Returning Officer may declare that the election will not be held or will not be concluded at the time provided, and shall be delayed for a period not exceeding seven (7) days or that any poll will remain open after the hours fixed for voting. In such a case, the provisions herein shall apply to the extent possible to such election.

27. Where the Returning Officer determines that the regulations respecting the voting procedures, in particular articles 12 to 19, have not been respected at a particular polling station in a manner as to potentially interfere with the election results, the Returning Officer may declare the results of that particular polling station null and void and call for a new polling date for that location as soon as practicably possible. The validity of the election results at other polling stations are not affected, however these results may not be released by the Returning Officer until such time as the vote at re-scheduled polling station has been completed Advance Polls

28. The Returning Officer may provide that advance polls be held with respect to an election.

29. All such polls shall be held under the supervision of the Returning Officer and shall take place prior to the holding of the principal poll.

30. Advance polls may be held within or outside the communities no earlier than seven days preceding the voting day. They shall be held between 9:00 a.m. and 6:00 p.m. on such day, although the Returning Officer has the discretion to extend the hours in appropriate circumstances.

Mail-in-Ballots

31. Eligible electors who will not be present on the day of the election in one of the communities in which a polling station will be open, and who cannot avail themselves of an advance poll, may request to vote through a mail-in ballot. The Returning Officer shall indicate in the notice of election described at article 1 at what dates and how members of the electorate may apply for a mail-in-ballot.



PUBLIC NOTICE



ELECTION FOR THE OFFICE OF GRAND CHIEF/CHAIRPERSON AND DEPUTY GRAND CHIEF/VICE-CHAIRPERSON OF THE GRAND COUNCIL OF THE CREES OF EYYOU ISTCHEE AND THE CREE REGIONAL AUTHORITY.

Please take notice that ELECTIONS for the offices of Grand Chief/Chairperson and Deputy Grand Chief/Vice-Chairperson of the Grand Council of the Crees of Eeyou Istchee and the Cree Regional Authority has been called.

Pursuant to **Bill 115, An Act to amend the Act respecting the Cree Regional Authority**, the following changes have been made to the election requirements for the offices of Grand Chief/Chairperson and Deputy Grand Chief/Vice-Chairperson for the GCCEI/CRA.

The term of office has been changed from three (3) years to four (4) years.
The Chairperson and Vice-Chairperson must be elected by an absolute majority vote (fifty percent + 1).

GRAND CHIEF/CHAIRMAN

Ted Moses
Matthew Mukash

DEPUTY GRAND CHIEF/VICE-CHAIRMAN

Ashley Iserhoff
Losty Mamianskum

The schedule for the elections is as follows:

ADVANCE POLLS: **Tuesday, September 13, 2005**
Polling hours - 9:00 a.m. to 6:00 p.m.

ELECTIONS: **Thursday, September 15, 2005**
Polling hours - 8:00 a.m. to 7:00 p.m.

N.B.: The Chief Electoral Officer reserves the right to establish different polling hours for Construction Camps. The local Returning Officers will designate the polling stations within your community and locales.

The qualification for eligibility to vote in the elections is as follows:

To be a Cree beneficiary in the James Bay and Northern Quebec Agreement.

To be of the age of majority at the date of the elections (18 years of age on September 15, 2005).

Not to be affected by legal incapacity.

N.B.: People who wish to vote may do so at any polling station on the dates designated for the polls.

Laurence Jimiken
Chief Electoral Officer
GCCEI/CRA
1 Lakeshore Road
Nemaska, Quebec J0Y 3B0

Tel: (819) 673-2512 ext 213
Direct Line: (819) 673-2126
Fax: (819) 673-2542
E-mail: lawrjimi@hotmail.com

32. Upon receiving a duly completed and signed application at least fifteen (15) days prior to the established date for the election, and after verification of the eligibility of the applicant as an elector, the Returning Officer shall enter the name of the elector on a special register and shall send the elector a mail-in-ballot, an inner envelope, an outer envelope, and instructions as to how to cast the ballot by mail.

33. The Returning Officer shall ensure that the Special Register of those Electors who have requested to vote by mail-in-ballot and to whom a mail-in-ballot has been sent is available at every polling station that is established pursuant to articles 13 and 28 to 30 in order to ensure that only one ballot per elector is used. Any elector to whom a mail-in ballot has been sent by the Returning Officer is no longer eligible to vote at any of the polling stations on the day of the election, and may only exercise his or her vote through the mail-in ballot.

34. The Returning Officer shall place all mail-in ballots received in a special ballot box to be counted on the day of the election immediately after the time fixed for the closing of the regular polls has ended. Any mail-in-ballots received by the Returning Officer after this period shall be deemed null and void and unused, and shall be destroyed forthwith by the Returning Officer. The elector has the responsibility to ensure that a) his or her application for registration to the mail-in-ballot is made and received within the timeframe specified by the Returning Officer, and b) that the mail-in ballot is received by the Returning Officer prior the close of regular polls on the day of the election.

Attestation of the Vote

35. Any candidate may appoint in writing one (1) scrutineer, to represent him during the counting of the votes and one (1) scrutineer, to sit with the Returning Officer at a poll during the time fixed for voting. All scrutineers appointed by a candidate must be electors of the age of majority.

36. The Returning Officer, in the presence of any scrutineers appointed by the candidates, shall attend to the counting of the ballots after the time fixed for the holding of the votes has ended, at the time and at the place indicated by him.

37. In counting the ballots, he shall reject;

- a) every ballot which has not been supplied by him;
- b) every ballot upon which there appears more than one vote;
- c) every ballot which has not been initialed by himself or a local Returning Officer;
- d) every ballot upon which there is a mark or writing by which the voter could be identified; and
- e) every ballot left blank or which is null owing to the intention of the voter not being clearly shown.

38. An official election report shall be prepared for the Returning Officer of the results of the election showing the number of votes cast for each candidate, the number of unused ballots, and the number of spoiled or rejected ballots. He shall sign such report and shall request all scrutineers to do the same. Each type of ballot shall be put into separate containers.

39. The Returning Officer shall forthwith declare the persons elected to office after the counting of the ballots.

40. If the difference between the number of votes cast for the candidate with the most votes and the number cast for any other

candidate is less than 1% of the votes cast and upon the written request of one of the candidates the Returning Officer may hold a recount within five (5) days after the declaration pursuant to article 39.

41. The Returning Officer shall apply the regular ballot counting procedure to the recount in the presence of any scrutineers appointed by each candidate for such purpose and subject to the results of the recount issue an amending declaration.

Run-Off Election

42. Should no candidate have received fifty per cent (50%) or more of the ballots cast (excluding the spoiled or rejected ballots) for an elected officer, the Returning Officer shall list the names of the two (2) candidates who received the most ballots for that officer. He shall inform each such two (2) candidates of the results of the vote and shall call a run-off election for that officer between these two (2) candidates.

43. Should the candidate who received the second most ballots cast decline to participate in the run-off election, the Returning Officer shall ask the candidate who received the third most ballots for that officer if he or she wishes to participate in the run-off election. If this candidate accepts, the Returning Officer shall call a run-off election for that officer between this candidate and the candidate who received the most ballots. If this candidate however also declines to participate in the run-off election, the Returning Officer shall in such circumstances declare the candidate who received the most ballots elected for that officer.

44. The run-off election shall be held within thirty (30) days of the first election at the date determined by the Returning Officer. The procedures for this run-off election shall be the same as those described in the By-Law except that the electoral list shall be the same as for the first election and no additional candidates shall be accepted.

Appointment: of Local Electoral Officers

45. The Returning Officer may appoint one (1) or more Local Electoral Officers to assist him in the carrying out of his duties.

46. The following persons may not be appointed as Local Electoral Officers:

- a) minors;
- b) persons found guilty of a crime punishable by imprisonment for more than two (2) years or found guilty of an offence under the electoral laws of Eeyou Istchee, Canada or Quebec; or
- c) a candidate or an individual who is directly related to a candidate in the election (parent, child, sibling, aunt, uncle, nephew or niece).

47. The Local Electoral Officer shall take the oath of office prescribed for the Returning Officer above.

48. The Local Electoral Officer shall, subject to the direction and supervision of the Returning Officer, carry out the duties of the Returning Officer at the poll in which he is located and be subject to the same obligations of the Returning Officer in regard to these Regulations.

49. The Local Returning Officer shall be paid such remuneration as determined from time to time by the Council.



EMPLOYMENT OPPORTUNITY
EXTERNAL POSTING – September 6, 2005

HEAVY EQUIPMENT MECHANIC

This is a full-time regular position.
Six (6) months probationary period.

Under the direction of the Public Works Supervisor, this position includes the following duties and responsibilities;

- To perform mechanical verifications and certifications on all heavy equipment,
- Check bulldozers, cranes, graders, and other heavy construction, logging and mining equipment for proper performance and inspect equipment to detect faults and malfunctions,
- Diagnose faults or malfunctions to determine extent of repair required,
- Adjust equipment and repair or replace defective parts, components or systems, using hand and power tools,
- Test repaired equipment for proper performance and to ensure that work meets manufacturers' specifications,
- Clean, lubricate and perform other routine maintenance work on equipment,
- Perform repair work on heavy trucks,
- Some work on light vehicles,
- Maintain a clean and safe workplace.

Employment requirements:

- Heavy-duty equipment mechanic trade certification is compulsory.
- Completion of a four-year apprenticeship program.
- Secondary School Diploma and/or its equivalence.
- Drivers license.

Salary: As per the Salary Administration Policy of the Cree Nation of Wemindji.

**Interested persons, MAIL applications on or before:
September 26, 2005 to:**

Selection Committee
Heavy Equipment Mechanic
c/o Human Resources Manager
Cree Nation of Wemindji
16 Beaver Road, P.O. Box 60
Wemindji, QC J0M 1L0

Fall Madness

by Will Nicholls

GETTING THAT GARAGE READY

I know that many women out there look at a garage or shack out behind the house and comment on how messy men really are. Just imagine for a moment all you had in your kitchen was a stove, table and fridge. Where would you put food, dishes, pots, pans, forks, knives... well you get the idea. Now go out and take a look at the garage with new eyes.

The usual garage has tools (fix the car, bikes, skidoos, four wheelers, snowblowers, plumbing, minor house repairs, gardening, etc.), paint cans, brushes, shovel or two, is used for storage space for bikes, sports equipment, trash cans, workbenches and the list goes on. Then some are even used to keep your vehicle in them!

No wonder it looks so messy and just cleaning up the place is a nightmare. It's best to do it just before winter strikes. Then you can once again have some place to work in away from the snow and wind that strikes Eeyou Istchee.

We know how to get around this. Follow a few simple steps:

1. Set a date for a garage sale or donation pick-up. If you advertise a sale in the classifieds (such as the Nation or local radio) or make a commitment to donate to a local organization by setting the date, then you are more likely to follow through with fixing up and cleaning the garage.

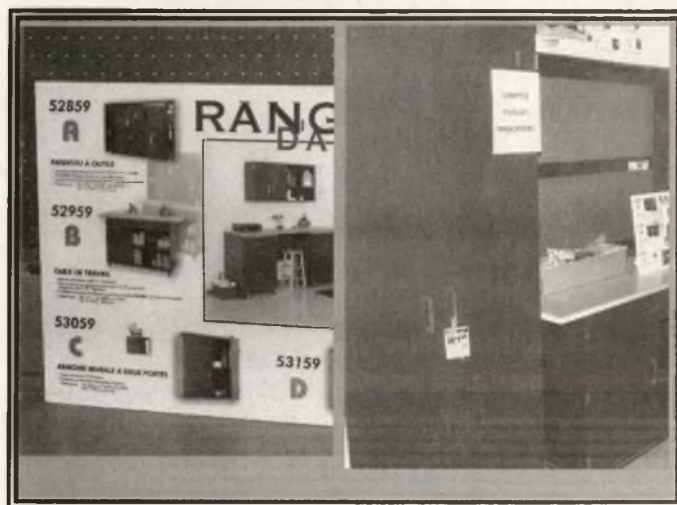
2. Once you're committed (the good way, though the wife may argue about that), sort everything in the garage into three piles: a) things you want to keep; b) things you can get rid of; c) and things you don't know what to do with. After you have decided what to keep, divide that pile into sections such as holiday, recreation, car maintenance, house maintenance, etc.

3. Store often-used items, such as axes, snow shovels and mops, where they can be easily seen and accessed. If you can see it, you can find it. Make use of vertical space with wall hooks or some sort of an organizer to achieve easy access to your items and get it off the floor.

4. Use overhead space to store items used infrequently. Items such as holiday decorations can be stored in higher places to allow for more eye-level or easy-access storage space for frequently used items such as the chainsaw, water hose or drill.

5. Place sports equipment and specialty items in a plastic bin with closing tops that are stackable. Label them with a marker so you don't forget what you have in them. This will eliminate clutter of small items and can compartmentalize items by category or use.

6. For supplies, such as motor oil, gas and paint, store them together in a container if possible. Storing containers on the



shelves of cabinets or shelves keeps them off the floor, where contents could spill over or suffer water damage.

Keeping the garage neat and orderly is easy when it's organized. With your items categorized and stored in cabinets or shelves, it becomes much easier to determine what you need, and what can be tossed out. Being able to find your items easily saves time and money, as you won't be purchasing things you already have, but can't find.

Winterizing the house

James Bay is a place where the winds always blow, or so they say. In any case it can get extremely cold in winter. Since our negotiators have never gotten Hydro-Quebec to agree to free electricity for the Crees, the winter bills can get quite high. Before some nitpicker out there mentions it, we do get electricity subsidy checks that our various band councils keep trying to take larger chunks out of.

Anyhow there really doesn't seem to be a coherent program out there to teach people to save electricity so the Nation will try to help you save a few bucks this year.

We collected information from all over Eeyou Istchee and Turtle Island to assist you. The first and most important one is to replace a door knob with more than just string. The hole costs you serious money. Insulating and filling in cracks so drafts are a thing of the past can save you 10 per cent of your bill. Can't afford putty or chalk? I've known people who have wet newspapers and used that to fill in chinks and holes around windows and walls. One person even used peanut butter. Duct tape is a great thing also. If you can't afford the new plastic coverings for the windows just staple a sheet of clear plastic tarp over windows for the winter.



Distributor of petroleum products and lubricants in all the James Bay Territory.

Services:

Delivery of petroleum products in bulk,
Aviation fuel, Rental of movable tanks

Products:

Unleaded gas, Clear and colored diesel,
Stove oil, Jet-A, 100LL and Lubricants

Addresses:

www.petronor.ca

Radisson Depot:

Tel: (819) 638-8222 Fax: (819) 638-7107

La Grande Rivière Airport:

Tel: (819) 638-4547 Fax: (819) 638-4547

EM-1 Construction Site:

Tel: (819) 865-2045 Fax: (819) 865-2039

Chisasibi Gas Station:

Tel: (819) 855-2427 Fax: (819) 855-3462

Administration Offices:

Tel: (819) 824-5505 Fax: (819) 824-5420



Le Centre de formation Harricana offre le programme foresterie.

Ce domaine de formation te permettra de travailler à l'exploitation d'une des principales richesses naturelles du Québec. Être débrouillard, aimer la nature et être habile de ses mains sont des atouts pour œuvrer dans ce secteur. La foresterie comporte de nombreux défis à relever pour les années à venir, ce qui offre des occasions favorables aux diplômés de ce secteur.

The "Centre de formation Harricana" offers the Forestry Program of Study.

Training in this field will enable you to work at the exploitation of one of the main natural resources of Quebec. To be resourceful, to like nature and to be manually skilled are advantages for working in this industry. The forestry industry will provide many challenges in the upcoming years, offering favourable opportunities to the graduates of this program.

Please note that this course is offered only in French. We can, however, offer this course in English to a group of people.

Pour de plus amples renseignements, consultez notre site Internet au: <http://cfh.csharricana.qc.ca> ou téléphone au (819) 732-3223.

For more information, consult our Web Site at: <http://cfh.csharricana.qc.ca> or call (819) 732-3223.



Commission scolaire
de la Baie-James

*Pour des services
professionnels
adaptés à vos besoins !*

*For professional
services
adapted to your needs !*

La Commission scolaire de la Baie-James est fière d'être partenaire de la Commission scolaire Crie et de participer à la formation des populations autochtones vivant sur le territoire nord-québécois.

**Les formations dispensées
en 2003-2004**

- ▶ Mécanique de véhicules légers (DEP) à Waskaganish
- ▶ Mécanique automobile (DEP) à Wemindji

**Les formations
actuellement offertes
en 2004-2005**

- ▶ Mécanique industrielle de construction et d'entretien (DEP) à Chibougamau
- ▶ Mécanique automobile (DEP) à Chibougamau

The Commission scolaire de la Baie-James, is proud to be the Cree School Board's partner and participate in the education and training for the First Nations living in Northern Quebec.

**The training offered
in 2003-2004**

- ▶ Light vehicles mechanics (DEP) in Waskaganish
- ▶ Automobile mechanics (DEP) in Wemindji

**The trainings
actually offered
in 2004-2005**

- ▶ Industrial construction and maintenance mechanics (DEP) in Chibougamau
- ▶ Automobile mechanics (DEP) in Chibougamau

Contactez-nous... Contact us...

(418) 748-2966, ext. 227



CREE REPRESENTATIVES:

Matthew Wapachee

Office (418) 923-2195 – Cell (418) 770-6870

Robert Jimikin

(418) 923-3507

345, Chemin de l'Aéroport
Alma, Qc, G8B 5V2

(418) 668-3046 – (866) 425-3046

Fax (418) 668-0654 – Cell (418) 592-7752

1249, boulevard Ducharme

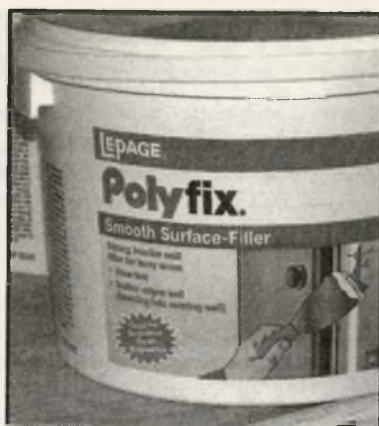
La Tuque, Qc, G9X 3S1

(819) 523-4433 – (819) 523-4476

Fax (819) 523-4387 – Cell (819) 676-7701

Astar 350 BA, B2
Bell 206 B, L1, L3

panorama@royaume.com
www.helicopterespanorama.com



Turn off heating when it is not needed at night or if the home is empty. In very cold weather, keep a low heat going to prevent frozen pipes. In any case keep the thermostat at 20 degrees Celsius during the day and 13 degrees Celsius at night. If it seems chilly put on a sweater or pile on more blankets. In many northern European countries people do this as a matter of fact. Wear warm, layered clothing indoors during cold weather. Some of the new synthetics are the best for thermal layering. If you live in a cold climate and can comfortably walk around in a tank top and shorts, you're wasting money!

Try to teach children and yourself to keep doors closed and discuss other ways of conserving heat and saving energy. If yours haven't turned out a light since they were old enough to stop playing with the light switch – good luck!

Carpets help with floors. I have most of my apartment carpeted. Some are plush but others aren't. The important thing is they do help with cutting heating bills. A plus is your feet don't feel as cold, which makes you want to up the heat. Wear slippers if the feet are cold. Insulate floors over unheated spaces such as your basement, any crawl spaces and your garage. You actually lose more heat through poorly insulated floor spaces and basements in the average house than through drafty doors and windows. The savings here could be considerable.

In colder areas it makes sense to move furniture away from any exterior walls. Putting some space between you and the cold walls makes the house seem warmer and leaving room for the air to move around actually makes it warmer. Do not block electric heaters as you just waste the heat this way. By the way, dust is a wonderful insulator and tends to build up on radiators and baseboard heat vents. It keeps the heat from getting into the rooms where you need it, so dust or vacuum all radiator surfaces frequently.

Use thick curtains with linings to help further insulate windows.

Close off the attic, garage, basement, spare bedrooms and storage areas. Heat only those rooms that you use.

And remember an electric blanket is much less expensive than heating your bedroom...



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G.C.C.E.I./CRA ELECTIONS 2005 LIST OF LOCAL RETURNING OFFICERS & ADDRESSES

BIRTHS – 100

CLASSIFIEDS

oxo.Have Fun In Montreal I'm gonna miss you all!! Bye'sh.

Happy 1st Birthday to our baby boy Spencer born on Sept. 9 2004. A year has gone by already and still you won't sleep thru the night yet !!!lol !! I guess it's a sign that you were meant to be the Baby of the family eh ?! We love & cherish you always !! Love Mommy & Daddy.

We would Like to say Happy 4th Birthday to our handsome champ Derial Keaton Rupert on August 28, 2005. We love you so much have fun at school & be nice to your classmates. With all our love, Mommy Suzie, Daddy Derek & your baby brother Ashton-Philip (Whap).

Esther Neepposh will celebrate her 7th birthday on September 5, 2005 and we all want to wish her a Happy Birthday! Esther, hope you'll enjoy your birthday party and I am sure you

will have lots of fun with all your little friends. Hope you'll enjoy your gifts too. Once again, Happy Birthday! We love you very much, from Mom, Dad, Jane, Cindy, Kaylee, Stacie, Uriah, Christina & Kaylynn XOXOX.

To our beautiful daughter Patricia Angel Jolly, Happy 8th Birthday on September 10, 2005. We love you sooooo much, ouch it hurts. You bring so much Joy, Love and Happiness into our lives. School year has just begun, we want to wish you the best. Make us proud!!! With lots of love: Mom Brenda, Dad Joseph, Valerie, Tyra Lynn and baby boy Waylon

Birthday greetings going out to my niece "Princess" Jacie Ryanne Wapachee. Happy 5th Birthday on September 10, 2005. We love you mista berry much. Take care and have fun at school. Love always; Auntie Brenda-Rose, Joseph(Joefish), Valerie, Patricia, Tyra Lynn and baby Boy Waylon.

We would like to say happy 1st birthday to Tanishia Shayla Faith on august 31.2005.Hope you have fun on your special day. From Toronna and Lianne.O.

I would like to wish my niece Kelly a very happy birthday on Sept.29, she'll be turning 2 years-old already. Seems like it was only yesterday that i held you in my arms, you were so tiny and now you're so big!! And speaking of big, I also would like to wish my very very Tall but gentle Giant of a nephew Warren Mapachee a happy 17th birthday on the same day. Love & Hugs fr. auntie Georgekish.

Happy 12th Birthday to my son Brandon who celebrated his special day on August 25, 2005. Happy Birthday my son and many more to come. I can't believe it's been twelve years since you were born, time really flies. Although you don't hear it often just wanted to let you know that I love you with all my heart.



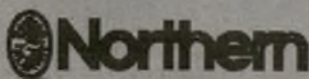
Team Wemindji
Northern Store

Recognizing Excellence

2005 President's Awards Recognizing Excellence at Northern

The Northern Store in Wemindji was recently awarded The North West Company's President's Award for Excellence In Community Support. Through the Recognizing Excellence program, The North West Company can celebrate the achievements of Northern stores, like Wemindji, who continually demonstrates that they are caring, compassionate, and enthusiastic members of the community. Congratulations on your award, Wemindji!

The North West Company Inc. (NWC) is North America's leading retailer and distributor of everyday consumer goods and services to remote communities, rural towns and urban neighborhoods across Canada and Alaska. NWC is a multi-channel retailer operating 156 food, family apparel, and general merchandise stores under the Northern, NorthMart, and Giant Tiger (under a master franchisee) banners, plus Selections catalogue in Canada, and 25 AC Value Centers in Alaska.



THE NORTH WEST COMPANY

For more information on The North West Company, browse our website at www.northwest.ca

CLASSIFIEDS

It seems like yesterday when I held you for the first time and knew that you were gonna be a fine young man like you are today. Have fun and may all your wishes come true. Love always, ur mom.

We would like to wish a happy 1st birthday to our son Shawnny-boy. He celebrated his first birthday on July 2nd. Happy birthday and hope your day is as special for you as you are to us. We are so blessed to have such a wonderful, easy going baby boy like you. We love you our boy. Have fun with your cake and get messy our boy. With lots of love, hugs and kisses from your mommy and daddy.

Ok now we had 2 birthdays on August 31 & Sept 3. And We like to wish them a happy birthday...To My sister Brenda Moore on Aug/31 & to her gurl Joyce Sag..on Sept 3.wish you a wonderfull birthday girls...lol.I gald we had supper. the food was good ehh Brenda..lol take care Lub u's both.and many more to come ehh..From Jess & Ira Gunner & kids -XOXOXOX-

We would like to wish a happy 3rd birthday to our son Zechariah Adam Moore Gunner. Sah...It's been 3 years now. Wow time goes by fast and by next year you'll be going to School.Can't wait for you to go to school and for you to learn new things. We love you always Zack. From; Your Mom and Dad,Jessciah & Ira Gunner Luv U

I wanna wish my daddy Starr Hester a happy belated birthday, His Birthday was on August 20. I hope you enjoyed your special day daddy! I luv you very much Love, Aydon William Richard Kapashesit-Hester (wask)

I would like to wish a Happy Bithday to the following persons, My sister Ann Mokoush-Einish on Sept 26, My brother Daniel Mokoush on Sept 24,also Ruth Einish,Kathleen Tooma,and Jason.My mother-in-law Sarah on Sept 22, My father-in-law Joe on Sept 23, Alma on Sept 14,Adam

on Sept 15, My brother-in laws Gerry & Levi on Sept 16, Elijah on Sept 25. Jaime on Sept 5,My son Ginagwan Ryan on Sept 20, My God son Job Willie on Sept 19,My God daughter Renee on Sept 17 also to Daniel Boucher. HAPPY BIRTHDAY TO ALL OF U AND MANY MANY MORE TO COME. REGARDS CHRISTINA FR KAWAWACHIKAMACH

Happy 2nd belated birthday to the twins Ardurmus&Anthea on July 17,2005 I love you both and miss you lots. From auntie Marcella in Whapmagoostui.



We would like to let the Cree nation know that a very sweet special and adorable girl will be celebrating her birthday on September 8th. This birthday wish goes to Angel Helen Baribeau! Wow, you are 5 years old and we hope your day will be as special as you are. Many more to come. Good luck in school and be nice. We love you very much and you are very special to us. With lots of love; Gookem Eva, Stephanie & Frances. XOXOXO

I would like to wish a Happy Birthday to a special caring, loving, wonderful person in my life. His birthday is on Monday, September 26th. You mean so much to me and I would like to thank you for being there with me through the good times and rough times, I've been through a lot these past few months. I know deep down in my heart, we were meant to be with each other. The first time we seen each other, I knew in my heart I wanted to be with you for the rest of my life. But! We did fall in love with one another. I want to let everyone

know that you will always be loved by me forever and always be in my heart no matter what happen in our lives. I love you so much and I know you love me too. Im so crazy about you, never in my life I felt like this with someone. I know you feel the same way for me. I know someday we will be together forever and I know deep down in my heart we will. Cause my hopes are high for you. I wish and pray that we will be together for your special day, it will mean the world to me. Once again; happy birthday and please try to enjoy yourself with your friends on your birthday, you deserve it - or with me...lol. I will be waiting for you, you know where to find me. Love always, your honey bunny in Waswanipi that loves you so much XXXXXXXXXX

For my sister Bertha - God sends us special people who make life seem brighter. They share our joys and sorrows and make our burden lighter. God sends us special people each time the way seems weary, they bring us light and confort and strength when we are weary. God sends us special people to help us on our way. And through them we're reminded of his loving care each day. How natural it is that I should feel as I do about you, for you have a very special place in my heart (Philippians 1:7). Whenever I think of you and all of the ways your friendship has touched my life. Wishing you a Happy Birthday on September 5th, 2005. Enjoy your Bday! Hugs & Kisses to you and your children. Luv ya! Love, Sylvia and family.

ANNIVERSARIES - 103

I would like to wish my beautiful wife Mary a Happy 16th wedding anniversary. We got married on Sept. 01, 1989 and we have been through many things together, but this one is for keeps and I love her for all the little things she does for me. From one lucky son of a gun, Robert Baribeau.

I would like to wish my parents Matthew & Emma Wapachee a Happy 29th Anniversary on September 10, 2005. Day by day, sunset after sunset...hope life is especially sweet for the two of you. Happy Anniversary, mom & dad. I love you both with all my heart. With all my Love; your daughter Brenda-Rose xox.

I would like to say to my wife Cherubine "Happy fifth anniversary" and to my mom Nancy "Happy Birthday" on September 1...Love you both, from Leslie.

We would like to wish a Happy 16th Wedding Anniversary to Robert and Mary Baribeau on September 1st. May your anniversary bring you guys much closer together. We love you both so much. Happy Anniversary guys! With love, Mom Eva, Stephanie & Frances.

GRADUATION - 104

It is with great pride to announce our son Lesley Mattawashish on his graduation from the Electro-Mechanic course held in Rouyn-Noranda on June 3rd, 2005. It was a tough year for you for all the stuff you had to go through; assignments, financial problems, frustrations, loneliness, etc...and going through all this while having to know that Mom had cancer almost at the beginning of your studies. You made it through all that and your efforts were from hard work and concentration, and we all gave you encouragement. We are so proud of your achievement, and now it's time to face the real world but always remember "Never Give Up", always look ahead and keep your head up high. Well done!!!! We love you. Love mom, dad, Deanna, Candice, Ali, Patrick, Kristen, Chad & Nathan.

Congratulations to my sister Lorraine Jolly (fr Ojay) who graduated in E.C.N.S. (Day Care Program) on August 19th, 2005 in Chibougamau. I was happy to be there to see you on your graduation, especially for your proposal.

CLASSIFIEDS

I'm happy for you my sis. And love you, from your sis in Wask.

PERSONAL - 300

This is my letter to someone I've liked for a longtime he's from Mistissini, and he is really shy, and very quiet. I wanna tell u that I'm madly in love with you.. I can't tell you in person because I'm afraid that you might not like me. Every night I lie awake thinking about you, sometimes I wonder

what it would be like to have you here with me. You might know who I am, I always see you around. I always smile when I see you but I feel like you don't see me, like you don't wanna see me, but I really wanna tell you know

that I am so in love with you. I can't remember the last time I felt this way about someone. Maybe someday I will have the courage to tell you how I feel, from: a girl in Mist, who really likes you...

I would like to say Hello to my sister Laura and her baby Alayna Siya Gray. I hope you are doing great in Mistissini. I miss you both so much, when are you coming to Nemaska again? Agooda! Take care of my cute lil niece. See you soon! Fr; Brenda-Rose and family.

We, the Kapashesit family, would like to express our gratitude and appreciation for the love and caring thoughts for our dear mother Sophia at the time she got ill and


was hospitalized in Val D Or on June 7th, 2005. She was there for a few days but now she is back home in Waskaganish. She is doing much better and recovering well. We would like to say thank you to the community members for your prayers, to the fellowship church, to the Waskaganish Band and those that visited her while she was in the hospital. You all will be remembered for those in need. Once again, thank you very much. From the children and grandchildren of Sophia in Waskaganish, QC and Moose Factory, On.

I would like to wish all the best to my sis who's going back to college for another year this fall in


Ottawa. I'm sure you have enjoyed your vacation here in Wask. I will be waiting for your next visit. I will miss you my sis, and your kids too. Take care of yourself and your children. Good luck in school. From your sis Bella and fr Mario.

PUBLIC SERVICE ANNOUNCEMENTS - 400

Do you need help? Someone to talk to? Call the Kid's Help Phone's toll-free number, at: 1-800-668-6868 or check out their website at: www.kidshelp.sympatico.ca.



Brent Bowen
Chisasibi



Recognizing Excellence

THE NORTH WEST COMPANY


2005 President's Awards

Recognizing Excellence at Northern


Brent Bowen from the Northern store in Chisasibi was recently awarded The President's Award for Excellence in Leadership. Brent was in Winnipeg to accept his award at the 7th Annual Recognizing Excellence Evening held on March 10, 2005. Through the Recognizing Excellence program, The North West Company can celebrate the achievements of employees, like Brent, who are positive and enthusiastic and who take charge of situations and inspire others to achieve results.

Congratulations on your award, Brent!

The North West Company Inc. (NWC) is North America's leading retailer and distributor of everyday consumer goods and services to remote communities, rural towns and urban neighborhoods across Canada and Alaska. NWC is a multi-channel retailer operating 156 food, family apparel, and general merchandise stores under the Northern, NorthMart, and Giant Tiger (under a master franchisee) banners, plus Selections catalogue in Canada, and 25 AC Value Centers in Alaska.



Northern



THE NORTH WEST COMPANY

For more information on The North West Company, browse our website at www.northwest.ca



Blow by blow

It seems I was way off in my election predictions two issues back. Apologies all around to those who placed bets based on said prognostications. And my most heartfelt sorries to Dr. Matthew Coon Come for referring to him as a Bible University drop out. It appears he did finally receive a diploma from the prestigious River Bible Institute way down in Tampa Florida.

Election Night 2005. Im drifting in and out of sleep on my cheap couch when the phone rings. A groggy, Yeah? Are you online? asks the caller. I ask whats happening and he tells me theres a lot of Action.

I log on to Soleica.com, election central, where the results are coming in virtually realtime. Mukash is way ahead. The number from the three largest communities, Mistissini, Chisasibi and Waskaganish, still haven't come in. The suspense, I can't take it. Gradually, Nemaska, Waswanipi, and Eastmain trickle in. I start dialing friends and acquaintances, damn the next phone bill, this is important and we analyze the figures. Everyone agrees that Blacksmith is not a factor at all. What was he thinking? Paul Gull is doing surprisingly well, but is definitely not a contender. The race is between Moses and his arch nemesis Matthew Mukash. Every once in a while I log on to the Deputy Grand Chief numbers but I don't really care, the only story worth following at this point is the fight for the Grand Chiefs office.

Camp Nemiscaus choice for leader appears and they are for Moses. But the percentages barely change, Mukash is still leading. Another phone call; everyone agrees that Mukash will rule Chisasibi and Waskaganish will give Mukash a comfortable lead. Mistissini will probably go for Moses. Most of the numbers will more or less follow the last election results. But you never know.

Another phone call comes in from a friend who could care less about who Moses or Mukash were and I have to clarify the situations gravity. "I'll come over with some beer then," he offers.

We sit there entranced, in front of my computer screen as I explain the oh so subtle intricacies of Cree politics. "See, the results from the MoCreebec ballot? Thats because Ted pissed

them off in the last election. He totally blew them off. Bill Namagoose actually called them outsiders! And these are people from Waskaganish, Eastmain and Wemindji! The results from Ojay?, A total turn around for three years ago." That might have something to do with all that crap the mining companies left in their territory and the Grand Chief just ignored it. But what do I know.

Midnight is fast approaching and still Mukash is a few horses lengths ahead.

Wemindjis returning officer sends in his count; it shows Moses drawing near, but not near enough. No earth shattering change there, Mukash still has a clear lead.

Yet another phone call from a friend in a downtown Montreal hotel, who actually stands to be affected by the results. "Who's winning?" "Matthew."

I give him the website address: <http://www.soleica.ca//elections2005> and he quickly calls me back. "I'm waiting for an ethernet cable, what going on?" "I tell him we're waiting for Waskaganish, Chisasibi, Mistissini and EM-I to report."

Waskaganish files and Mukash, as predicted, wins the Skag with a significant margin. Moses's Wask supporters were obviously slackin off. Only Mistissini, Chisasibi, the potential kingmakers, and EM-I are left. Chisaibi, most experts have agreed will go for Mukash. Mistissini will probably deny Mukash his required 50 plus one percent. EM-I is not really a player at this stage.

Closing time at the local bar is dangerously close and preparations are hurriedly made even as the results are updated. Tick tock, tick tock

We can't wait any longer. The bar, like time, waits for no one. We walk out and the phone rings. Chisasibi has voted overwhelmingly against the good doctor Moses. Mukash has 48 percent of the Cree vote. It is up to Mistissini. It will either be final, with Mukash as Grand Chief or there will be a run off election. Drinks all around, are drunk, for democracy.

My phone rang again in the cacophonous bar. Mistissini has saved Moses but. There will be another vote. We all know it's about to get dirty.

News Tip?

Any information you want to share with the Nation? Send us your news tips to our new address: news@beesum.ca



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CONTINUING THE VISION: BUILDING THE CREE NATION

I agreed to take a leadership role in the Cree Nation to promote a specific vision of nation-building.

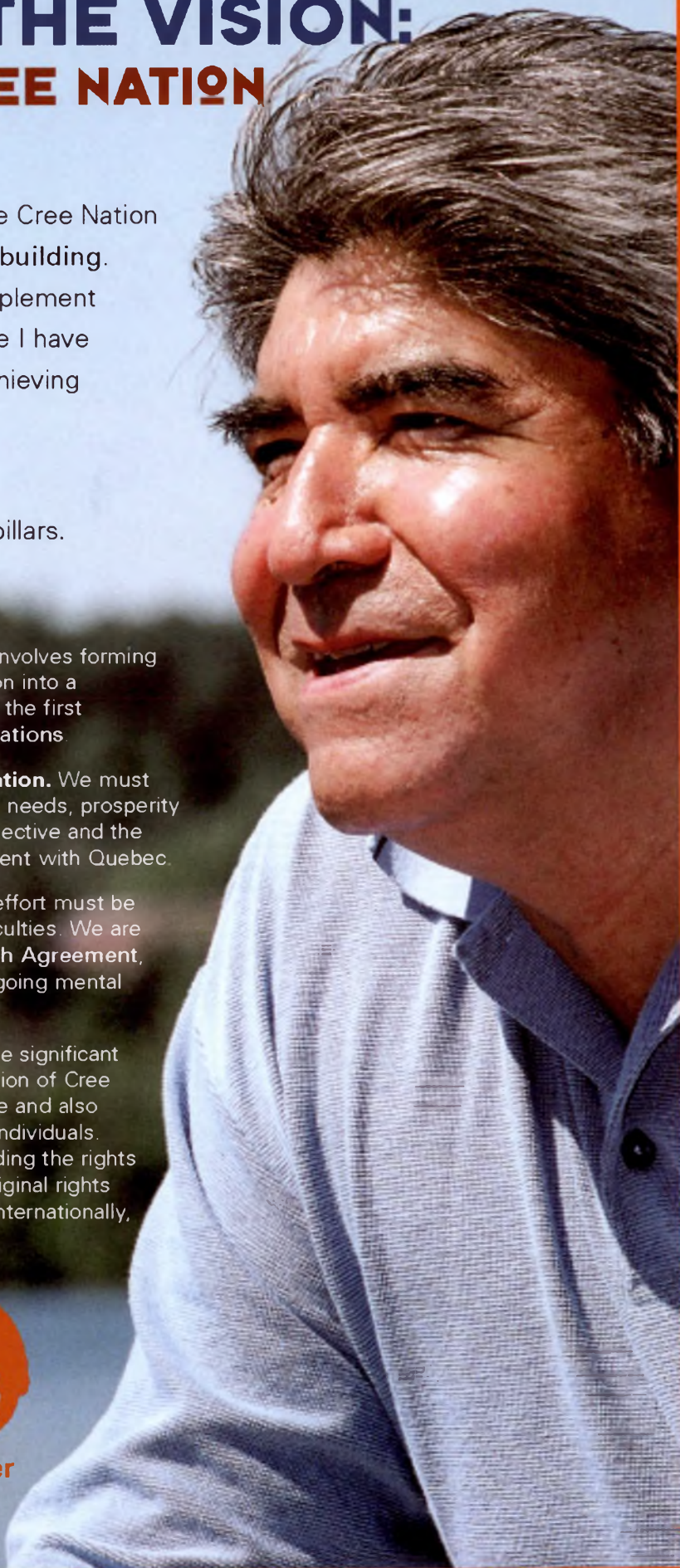
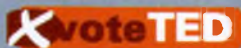
I wish to continue my leadership to implement this vision further. Every major initiative I have undertaken is directly connected to achieving this vision and objective.

The task of nation-building requires significant effort to be placed on four pillars.

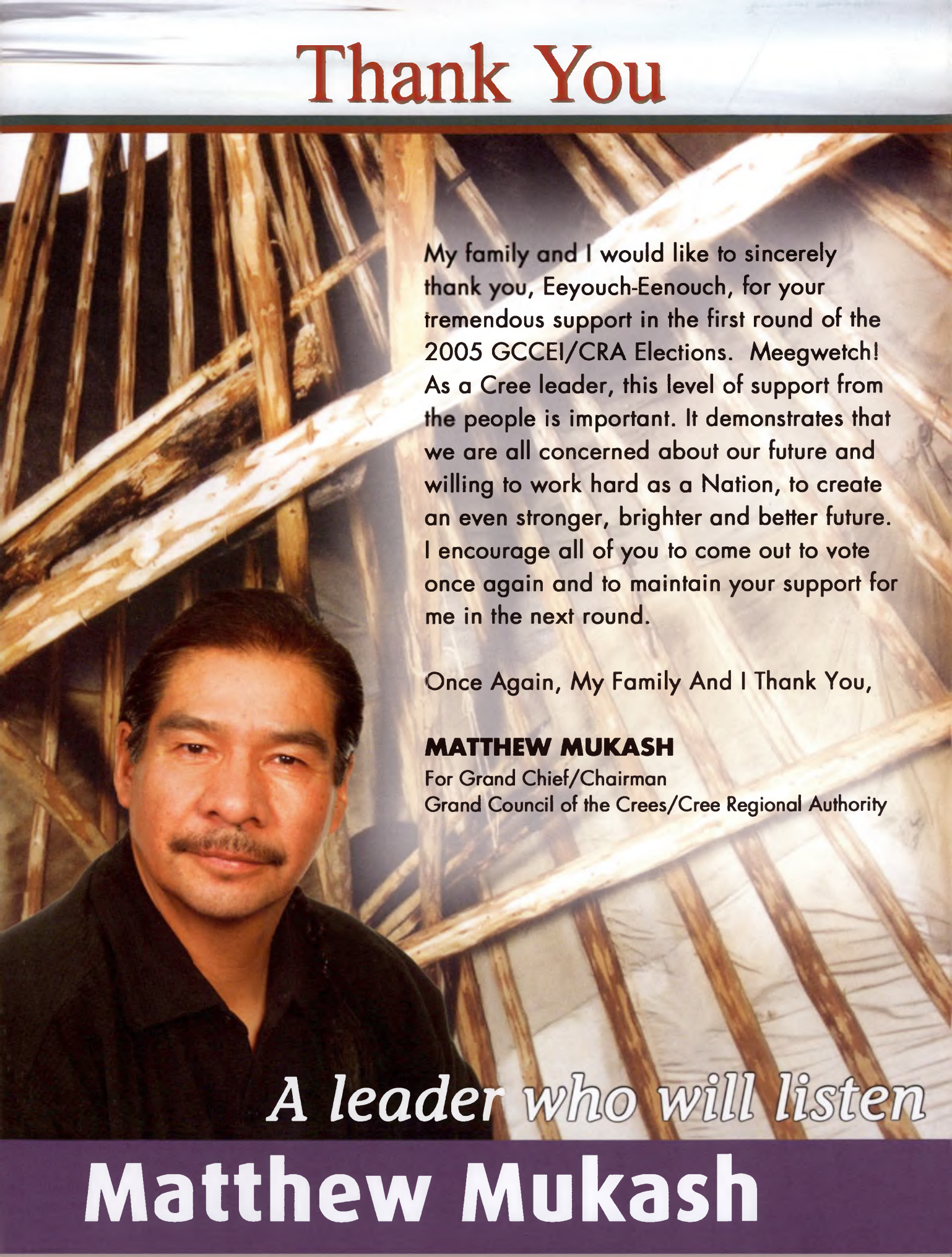
1. **Governance.** Building governance structures involves forming Cree values, and political and social organization into a contemporary, legal and political reality. This is the first objective of my initiative in the **Federal negotiations**.
2. **Laying the Economic Foundation for the Nation.** We must continue to build our economy to ensure basic needs, prosperity and hope for the future. This was the main objective and the achievement of the New Relationship Agreement with Quebec.
3. **Building Healthy Communities.** Substantial effort must be placed on addressing personal and family difficulties. We are now in a position, because of the recent **Health Agreement**, to effectively address these concerns with ongoing mental health and preventive initiatives.
4. **Defence of Cree rights.** I will continue to place significant effort in the defence, preservation and promotion of Cree rights. I will defend the Cree Nation as a whole and also the aboriginal rights of Cree collectivities and individuals. For example, I have taken a lead role in defending the rights of the Washaw Sibi Eeyouch. In addition, aboriginal rights continue to be promoted within Canada, and internationally, through ongoing work with UN bodies.



eeyou eenou: **Together we're stronger**



Thank You



My family and I would like to sincerely thank you, Eeyouch-Eenouch, for your tremendous support in the first round of the 2005 GCCEI/CRA Elections. Meegwetch! As a Cree leader, this level of support from the people is important. It demonstrates that we are all concerned about our future and willing to work hard as a Nation, to create an even stronger, brighter and better future. I encourage all of you to come out to vote once again and to maintain your support for me in the next round.

Once Again, My Family And I Thank You,

MATTHEW MUKASH

For Grand Chief/Chairman
Grand Council of the Crees/Cree Regional Authority

A leader who will listen

Matthew Mukash